

NUTRITIONAL INFORMATION

 Serving size: 32.3 g
 Servings per pack: 13
 per 100 g powder

Average Value

 per portion ready to use¹

Energy	990 kJ / 235 kcal	1600 kJ / 380 kcal
Fat	6 g	7 g
Carbohydrates	25 g	40 g
Total Sugars	21 g	29 g
Protein	18 g	30 g
Sodium	200 mg	272 mg
Dietary Fiber	2.9 g	9 g
Zinc	3.9 mg	9.2 mg
Calcium	430 mg	470 mg
Magnesium	135 mg	330 mg
Iron	5.6 mg	17 mg
Niacin	6 mg NE	19 mg NE
Folic Acid	80 µg	250 µg
Iodine	60 µg	160 µg
Pantothenic Acid	2.5 mg	5.7 mg
Biotin	20 µg	48 µg
Phosphorus	350 mg	430 mg
Copper	400 µg	1200 µg
Selenium	24 µg	74 µg
Manganese	0.9 mg	2.8 mg
Vitamin A	330 µg	1020 µg
Vitamin B1	0.42 mg	1.3 mg
Vitamin B2	0.8 mg	1.5 mg
Vitamin B6	0.6 mg	1.8 mg
Vitamin B12	2.6 µg	5.9 µg
Vitamin C	30 mg	93 mg
Vitamin D	2 µg	6.2 µg
Vitamin E	4.8 mg	15 mg
Vitamin K	32 µg	100 µg
Gluten	0 mg	0 mg

INGREDIENTS: Skimmed milk powder (21%), Milk protein (21%), Sugar, Soy oil powder, Thickener (Guar gum, Pectin), Maltodextrin, Whey protein, Natural flavour, Magnesium carbonate, Inulin (1.2g/100g), Green coffee bean extract, Banana powder, Potassium citrate, Oat fibre, Wheat fibre, Yerba mate extract (0.24%), Nettle extract (0.24%) Sweetener (Steviol glycosides), Salt, Beta carotene, Vitamin C, Papaya powder, Sodium hydrogen carbonate, Sodium hydrogen phosphate, Ferric diphosphate, Zinc gluconate, Ground Bourdon vanilla pod, Pineapple powder, Vitamin E, Selenium enriched yeast, Manganese (II) gluconate, Niacin, Vitamin A, Copper (II) gluconate, Pantothenic acid, Vitamin B₁₂, Vitamin D, Vitamin B₆, Vitamin K, Vitamin B₁, Vitamin B₂, Folic acid, Potassium iodide, D-Biotin.

Contains soy, milk and products thereof.

Gluten free**

** Contains less than 20 ppm (i.e. 20 mg/Kg) gluten

¹ ready-to-use product prepared with 32.3 g of powder in 230 ml of milk (1.5 % fat)