

**NUTRITIONAL INFORMATION**

Average Value	per portion ready to use <sup>1</sup>	Serving size: 32.3 g Servings per pack: 13 per 100 g powder
Energy	235 kcal/ 990 kJ	373 kcal/ 1571 kJ
Carbohydrates	23 g	37 g
Total Sugars	20 g	25 g
Protein	18 g	30 g
Fat	6.5 g	8.0 g
Sodium	208 mg	300 mg
Dietary Fiber	4.2 g	13.0 g
Zinc	3.9 mg	9.2 mg
Calcium	430 mg	470 mg
Magnesium	135 mg	330 mg
Iron	5.6 mg	17 mg
Phosphorus	350 mg	450 mg
Copper	400 µg	1200 µg
Selenium	24 µg	74 µg
Manganese	0.9 mg	2.8 mg
Niacin	6.0 mg NE	19 mg NE
Iodine	60 µg	160 µg
Vitamin A	330 µg	1020 µg
Vitamin B <sub>1</sub> (Thiamin)	0.42 mg	1.3 mg
Vitamin B <sub>2</sub> (Riboflavin)	0.8 mg	1.5 mg
Vitamin B <sub>6</sub>	0.6 mg	1.8 mg
Vitamin B <sub>12</sub>	2.6 µg	5.9 µg
Vitamin C	30 mg	93 mg
Vitamin D	2.0 µg	6.2 µg
Vitamin E	4.8 mg	15 mg
Vitamin K	32 µg	100 µg
Pantothenic acid	2.5 mg	5.7 mg
Biotin	20 µg	48 µg
Gluten	0 mg	0 mg

**INGREDIENTS:** Milk protein (18%), Skimmed milk powder (16%), Sugar, Cocoa powder (13%), Emulsifier (Soy oil powder), Thickener (Guar gum, pectin), Whey protein, Maltodextrin, Natural Flavour, Inulin (1.2g/100g), Green coffee bean extract, Magnesium carbonate, Yerba mate extract (0.24%), Nettle extract (0.24%), Acidity regulator (Calcium carbonate), Sweetener (Steviol glycosides), Vitamin C, Papaya powder, Ferric diphosphate, Zinc gluconate, Sodium hydrogen phosphate, Salt, Potassium citrate, Pineapple powder, Vitamin E, Selenium enriched yeast, Manganese (II) gluconate, Niacin, Vitamin A, Copper (II) gluconate, Pantothenic acid, Vitamin B<sub>12</sub>, Oat fibre, Wheat fibre, Vitamin D, Vitamin B<sub>6</sub>, Vitamin K, Vitamin B<sub>1</sub>, Vitamin B<sub>2</sub>, 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

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