

NUTRITIONAL INFORMATION

Average Value	per portion ready to use ¹	Serving size: 32.3 g Servings per pack: 13 per 100 g powder
Energy	235 kcal/ 990 kJ	380 kcal/ 1600 kJ
Carbohydrates	25 g	40 g
Total Sugars	21 g	29 g
Protein	18 g	30 g
Fat	6.0 g	7.0 g
Sodium	200 mg	272 mg
Dietary Fiber	2.9 g	9.0 g
Calcium	430 mg	470 mg
Phosphorus	350 mg	430 mg
Magnesium	135 mg	330 mg
Iron	5.6 mg	17 mg
Zinc	3.9 mg	9.2 mg
Copper	400 µg	1200 µg
Iodine	60 µg	160 µg
Selenium	24 µg	74 µg
Manganese	0.9 mg	2.8 mg
Pantothenic acid	2.5 mg	5.7 mg
Niacin	6.0 mg NE	19 mg NE
Biotin	20 µg	48 µg
Vitamin A	330 µg	1020 µg
Vitamin B ₆	0.6 mg	1.8 mg
Vitamin B ₁	0.42 mg	1.3 mg
Vitamin B ₂	0.8 mg	1.5 mg
Vitamin B ₁₂	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 g	0 g

INGREDIENTS: Skimmed milk powder (21%), Milk protein (21%), Sugar, Soy oil powder, Thickener (Guar gum, Pectin), Whey protein, Maltodextrin, Natural flavours, Acidity regulator (Magnesium carbonate, Potassium citrate, Citric acid), Inulin (1.2g/100g), Beetroot powder, Blueberry juice powder (1%), Green coffee bean extract, Banana powder, Oat fibre, Wheat fibre, Green mate extract (0.24%), Nettle extract (0.24%), Sweetener (Steviol glycosides), Elderberry juice concentrate powder (0.14%), Salt, Vitamin C, Papaya powder, Stabiliser (Sodium hydrogen carbonate), Emulsifier (Sodium hydrogen phosphate), Ferric diphosphate, Zinc gluconate, 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 VITAMIN K, PERSONS TAKING WARFARIN SHALL SEEK MEDICAL ADVICE BEFORE CONSUMING THIS PRODUCT.

** 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)