

NUTRITIONAL INFORMATION

Servings Per Container: 9

Serving Size: 3 scoops (60 g)

	Quantity per serving**	Quantity per 100 g**
Energy	1068 kJ (256 Cal)	1781 kJ (427 Cal)
Protein	15 g	25 g
Fat, Total	7.3 g	12.2 g
- Saturated	0.8 g	1.3 g
- Trans	0 g	0 g
- Polyunsaturated	0.7 g	1.2 g
- Monounsaturated	5.7 g	9.5 g
Cholesterol	0 mg	0 mg
Carbohydrate	33 g	55 g
- Sugars	18 g	30 g
Dietary Fibre, Total	8 g	13.3 g
- Soluble Fibre	4 g	6.7 g
- Insoluble Fibre	4 g	6.7 g
Sodium	427 mg	712 mg
Potassium	495 mg	825 mg
Vitamin A	192 µg (26% RDI*)	320 µg
Vitamin D	2.5 µg (25% RDI*)	4.2 µg
Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Vitamin C	13.8 mg (35% RDI*)	23 mg
Thiamin	0.3 mg (27% RDI*)	0.5 mg
Riboflavin	0.5 mg (29% RDI*)	0.83 mg
Niacin	2.6 mg (26% RDI*)	4.3 mg
Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
Folate	69 µg (35% RDI*)	115 µg
Vitamin B12	0.5 µg (25% RDI*)	0.83 µg
Calcium	352 mg (44% RDI*)	587 mg
Phosphorus	283 mg (28% RDI*)	472 mg
Iron	4.8 mg (40% RDI*)	8 mg
Magnesium	88 mg (28% RDI*)	147 mg
Zinc	3.5 mg (29% RDI*)	5.8 mg
Iodine	41 µg (27% RDI*)	68 µg
Glycemic Index	25 [Low]	25 [Low]

* Recommended Dietary Intake (Aust/NZ)

** Average Quantities

INGREDIENTS: PROTEIN BLEND [(SOY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, PEA PROTEIN)], CRYSTALLINE FRUCTOSE, HIGH OLEIC SUNFLOWER OIL, MALTODEXTRIN, GUMS [GUM ARABIC, CELLULOSE GUM (SODIUM CARBOXYMETHYLCELLULOSE), XANTHAN GUM], SOY FIBRE, CANE FIBRE, STRAWBERRY POWDER, MINERALS [POTASSIUM PHOSPHATE DIBASIC, CALCIUM CARBONATE, MAGNESIUM OXIDE, FERROUS FUMARATE, ZINC GLUCONATE, POTASSIUM IODIDE], PRUNE POWDER, NATURAL FLAVOURS, INULIN, OLIGOFRUCTOSE, COLOUR (BEET RED), MILK PROTEIN (SODIUM CASEINATE), SEA SALT, FLAVOUR ENHANCER (CITRIC ACID), EMULSIFIER (SOY LECITHIN), ANTI CAKING AGENT (SILICON DIOXIDE), ANTIOXIDANT (TOCOPHEROLS CONCENTRATE, MIXED), FLAVOUR ENHANCER (MALIC ACID), VITAMINS [ASCORBIC ACID (VITAMIN C), D-ALPHA TOCOPHERYL ACETATE (VITAMIN E), NICOTINAMIDE (NIACIN), RIBOFLAVIN (VITAMIN B2), VITAMIN A PALMITATE, THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CHOLECALCIFEROL (VITAMIN D), CYANOCOBALAMIN (VITAMIN B12)].

CONTAINS: SOYBEAN AND MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGGS, WHEAT, SESAME, AND SHELLFISH.

FOR OUR CUSTOMERS SENSITIVE TO GLUTEN: NO GLUTEN-CONTAINING INGREDIENTS ARE USED IN THIS PRODUCT. HOWEVER, WILD STRAWBERRY NUTRIMEAL IS PRODUCED IN A FACILITY THAT MANUFACTURES OTHER FOODS THAT DO CONTAIN GLUTEN.

THE GLYCEMIC INDEX IS A RANKING OF CARBOHYDRATES ACCORDING TO THEIR EFFECT ON BLOOD GLUCOSE LEVELS.

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