ANZ French Vanilla

DIRECTIONS: For a rich, creamy shake, combine 3 scoops with 290 mL–340 mL of cold water to taste, and thoroughly mix in a blender or BlenderBottle® for 45 seconds. Perfect for replacing one or more meals a day. This product must not be used as a total diet replacement.

NUTRITIONAL INFORMATION

Servings Per Container: 9
Serving Size: 3 scoops (60 g)

	Quantity per serving**	Quantity per 100 g**
Energy	1082 kJ (259 Cal)	1804 kJ (432 Cal)
Protein	15 g	25 g
Fat, Total	7.4 g	12.3 g
- Saturated	0.8 g	1.3 g
- Trans	0 g	0 g
- Polyunsaturated	0.8 g	1.3 g
- Monounsaturated	5.6 g	9.3 g
Cholesterol	0 mg	0 mg
Carbohydrate	33 g	55 g
- Sugars	18 g	30 g
Dietary Fibre, Total	8.3 g	13.8 g
- Soluble Fibre	2.8 g	4.7 g
- Insoluble Fibre	5.2 g	8.7 g
Sodium	316 mg	527 mg
Potassium	461 mg	768 mg
Vitamin A	193 µg (26% RDI*)	322 µg
Vitamin D	2.5 µg (25% RDI*)	4.2 µg
Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Vitamin C	10.1 mg (25% RDI*)	16.8 mg
Thiamin	0.3 mg (27% RDI*)	0.5 mg
Riboflavin	0.5 mg (29% RDI*)	0.8 mg
Niacin	2.6 mg (26% RDI*)	4.3 mg
Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
Folate	81 µg (41% RDI*)	135 µg
Vitamin B12	0.5 µg (25% RDI*)	0.8 µg
Calcium	312 mg (39% RDI*)	520 mg
Phosphorus	323 mg (32% RDI*)	538 mg
Iron	4.8 mg (40% RDI*)	8 mg
Magnesium	92 mg (29% RDI*)	153 mg
Zinc	3.4 mg (28% RDI*)	5.7 mg
Iodine	40 µg (26% RDI*)	67 µg
Glycaemic Index	25 [Low]	25 [Low]

* Recommended Dietary Intake (Aust/NZ)
** Average Quantities

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

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

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

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

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