

aussielent

# READY TO DRINK

THE COMPLETE MEAL

with

A BALANCED BLEND OF LOW-GI CARBOHYDRATES, 25G OF PROTEIN, 27 VITAMINS & MINERALS, THE RECOMMENDED INTAKES OF OMEGAS 3 & 6, + PLENTY OF FIBRE

GLUTEN FREE, DAIRY FREE + NO ADDED SUGAR!

## MACRONUTRIENTS

Servings per pack: 1  
Serving size: 450ml

	AVE QTY PER SERVE	TARGET (RDI)	% RDI (1 BOTTLE)	% RDI (4 BOTTLES)
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Calories (cal)	475	2080	24%	96%
Carbohydrates (g)	40.5			
Sugars (g)	11.2	50	22%	88%
Protein (g)	25	64	40%	120%
Fat (g)	23.7			
Saturated Fat (g)	0.2			
Monounsaturated Fat (g)				
Polyunsaturated Fat (g)				
Omega-3 Fatty Acids (g)	0.98	1.3	75%	300%
Omega-6 Fatty Acids (g)	3.45	13	26%	104%
Total Fibre (g)	3.73	27.5	14%	56%
Soluble Fibre (g)				
Insoluble Fibre (g)				

CARBOHYDRATE 33%

FATS 47%

PROTEIN 20%

Recommended daily intakes are based on the nutritional requirements of Australian men aged 19-30 years of age as set out in the Australian nutritional references ([www.nrv.gov.au](http://www.nrv.gov.au)).

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VITAMINS	1 SERVE (450mL)	TARGET (RDI)	MAX (RDI)	1 SERVE (%RDI)
Vitamin A	225 ug	900ug	N/A	25%
Vitamin B6	0.325 mg	1.3 g	50 g	25%
Vitamin B12	0.6 ug	2.4 g	N/A	25%
Vitamin C	11.25 mg	45 mg	1000 mg	25%
Vitamin D	1.25 ug	5ug	N/A	25%
Vitamin E	7.3 mg	15 mg	450 mg	49%
Vitamin K	17.5 ug	70 ug	N/A	25%
Thiamin	0.3 mg	1.2 g	N/A	25%
Riboflavin	0.325mg	1.3 g	N/A	25%
Niacin	4 mg	16 mg	900 mg	25%
Folate	100 ug	400 ug	1000 ug	25%
Biotin	7.5 ug	30 ug	N/A	25%
Pantothenic Acid	1.5 mg	6 mg	N/A	25%
Choline	137.5 mg	550 mg	3500 mg	25%

## MINERALS

Calcium	250 mg	1 g	2.5 g	25%
Chromium	8.75 ug	35 ug	N/A	25%
Copper	0.57 mg	1.7 g	10 g	34%
Iodine	37.5 ug	150 ug	1100 ug	25%
Iron	2.78 mg	8 mg	N/A	35%
Magnesium	100 mg	400 mg	none	25%
Manganese	1.38 mg	5.5 mg	N/A	25%
Molybdenum	11.25 ug	45 ug	2000 ug	25%
Phosphorus	250 mg	1 g	4 g	25%
Potassium	950 mg	3.8 g	N/A	25%
Selenium	17.5 ug	70 ug	400 ug	25%
Sodium	312 mg	0.9 g	2.3 g	35%
Zinc	3.5 mg	14 mg	40 mg	25%

**INGREDIENTS** Water, Tapioca Maltodextrin, **Soy Protein Isolate**, High Oleic Sunflower Oil, Canola Oil, Vitamin & Mineral Premix (Potassium, Calcium, Phosphorus, Iodine, Magnesium, Zinc, Selenium, Manganese, Chromium, Molybdenum, Vitamin A, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin K, Thiamin, Riboflavin, Niacin, Folate, Biotin, Pantothenic Acid, Choline), Inulin, Sunflower Lecithin, Vegetable Gums (418, 460, 339407, 466, Flavours, Sucralose)

**CONTAINS SOY | FORMULATED MEAL REPLACEMENT | NOT TO BE USED AS A SOLE SOURCE OF NUTRITION | NOT TO BE USED BY PREGNANT WOMEN AND CHILDREN UNDER 15**