

aussielent
Body
THE COMPLETE MEAL

with

A BALANCED BLEND OF LOW-GI CARBOHYDRATES, 24G OF PROTEIN, 27 VITAMINS & MINERALS, THE RECOMMENDED INTAKES OF OMEGAS 3 & 6, + PLENTY OF FIBRE

NOW 100% VEGAN

MACRONUTRIENTS

	480G POUCH (4 SERVES)	TARGET (RDI)	% RDI (4 SERVES)	% RDI (1 SERVE)
Servings per pack: 4				
Serving size: 120g				
Calories (kcal)	2011	2080	97%	24%
Carbohydrates (g)	264			
Sugars (g)	49.5	50	100%	25%
Protein (g)	93	64	145%	36%
Fat (g)	52			
Saturated Fat (g)	8.4			
Monounsaturated Fat (g)	25.3			
Polyunsaturated Fat (g)	18.3			
Omega-3 Fatty Acids (g)	3.5	1.3	269%	67%
Omega-6 Fatty Acids (g)	14.8	13	114%	28%
Total Fibre (g)	23.8	25	95%	24%
Soluble Fibre (g)	11.7			
Insoluble Fibre (g)	12			

CARBOHYDRATE 55%	PROTEIN 20%	FATS 25%
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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).

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VERSION 1.1 - UPDATED JULY 2016

VITAMINS	480G POUCH (4 SERVES)	TARGET (RDI)	MAX (RDI)	% RDI (4 SERVES)	% RDI (1 SERVE)
Vitamin A (IU)	3000	3000	10000	100%	25%
Vitamin B6 (mg)	1.3	1.3	50	100%	25%
Vitamin B12 (mcg)	2.4	2.4		100%	25%
Vitamin C (mg)	45	45	1000	100%	25%
Vitamin D (IU)	200	200	3200	100%	25%
Vitamin E (IU)	15	15	450	100%	25%
Vitamin K (mcg)	70	70		100%	25%
Thiamin (mg)	1.2	1.2		100%	25%
Riboflavin (mg)	1.3	1.3		100%	25%
Niacin (mg)	16	16	900	100%	25%
Folate (mcg)	400	400	1000	100%	25%
Biotin (mcg)	30	30		100%	25%
Pantothenic Acid (mg)	6	6		100%	25%
Choline (mg)	551	550	3500	100%	25%

MINERALS

Calcium (g)	1	1	2.5	100%	25%
Chromium (mcg)	35	35		100%	25%
Copper (mg)	1.7	1.7	10	100%	25%
Iodine (mcg)	150	150	1100	100%	25%
Iron (mg)	8	8	45	100%	25%
Magnesium (mg)	400	400		100%	25%
Manganese (mg)	5.9	5.5		107%	26%
Molybdenum (mcg)	45	45	2000	100%	25%
Phosphorus (g)	1	1	4	100%	25%
Potassium (g)	3.8	3.8		100%	25%
Selenium (mcg)	70	70	400	100%	25%
Sodium (g)	1	0.9	2.3	110%	27%
Zinc (mg)	14	14	40	100%	25%

INGREDIENTS Tapioca Maltodextrin, Oat Flour, Brown Rice Protein (19%), Canola Oil, Rice Flour, Soy Lecithin, Inulin, High Vitamin D Mushroom Powder, Vitamin & Mineral Mix (Potassium, Calcium, Magnesium, Choline, Vitamin C, Niacin, Zinc, Pantothenic Acid, Vitamin E, Iron, Riboflavin, Vitamin B-6, Vitamin A, Folate, Thiamin, Iodine, Molybdenum, Chromium, Biotin, Vitamin K, Selenium, Vitamin B-12, Zinc), Salt, Xanthan Gum (415), Sucralose (955). **Contains Soy and Gluten. Produced in a facility that also processes dairy and eggs. Formulated meal replacement. Not to be used as sole source of nutrition. Not to be used by pregnant women and children under 15 years of age.**

Made in Australia from Australian and imported ingredients.