

aussielent  
**Chocolate**  
 THE COMPLETE MEAL

**NUTRITIONAL INFORMATION**

Servings per pack: 4  
 Serving size: 130g

	RDI as per NRV* (4 serves)	Ave Qty per 520g pouch (4 serves)	Ave Qty per 130g (1 serve)	Ave Qty per 100g
Energy (kJ)	8702	8740	2185	1680
Protein (g)	50	121	30	23
Fat Total (g)	70	46.3	11.6	8.9
-Saturated	-	8.5	2 g	1.5
- Monounsaturated (g)	-	14.3	3.5	2.7
- Polyunsaturated(g)	-	23.5	5.8	4.5
Carbohydrates (g)	310	284	71g	55
- Sugars (g)	90	55.2	13.8	10.6
Sodium (mg)		936	234	180

CARBOHYDRATE 55%	PROTEIN 25%	FATS 20%
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\*Recommended daily intakes (RDI) 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)).

**INGREDIENTS** Oat Flour, Tapioca Maltodextrin, **Whey Protein (16%), Soy Flour**, Rice Flour, **Soy Lecithin**, Cocoa, Salt, Vitamin & Mineral Mix (Calcium, Potassium, Vitamin C, Vitamin E, Niacin, Zinc, Vitamin B-5, Vitamin A, Vitamin B-6, Riboflavin, Iodine, Folate, Molybdenum, Chromium, Biotin, Vitamin D, Vitamin B-12)

**Contains Dairy, Soy and Gluten. Formulated meal replacement. Not to be used as a sole source of nutrition. Not to be used by pregnant women and children under 15 years of age.**

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VITAMINS	Target RDI* (4 serves)	Upper Limit (4 serves)	Qty per 520g pouch (4 serves)	Qty per 130g (1 serve)	% RDI* (4 serves)	% RDI* 1 serve
Vitamin A (ug)	900	3000	924	231	103%	26%
Vitamin B6 (mg)	1.3	50	1.3	0.332	102%	26%
Vitamin B12 (ug)	2.4	-	2.4	0.6	100%	25%
Vitamin C (mg)	45	1000	45	11.25	100%	25%
Vitamin D (ug)	5	80	5	1.25	100%	25%
Vitamin E (mg)	10	300	10	2.5	101%	25%
Vitamin K (ug)	70	-	92	23	132%	33%
Thiamin (mg)	1.2	-	1.7	0.42	140%	35%
Riboflavin (mg)	1.3	-	1.4	0.34	106%	26%
Niacin (mg)	16	900	16.2	4	101%	25%
Folate (ug)	400	1000	402.2	100	101%	25%
Biotin (ug)	30	-	30	7.5	100%	25%
Pantothenic Acid (mg)	6	-	6.3	1.5	105%	26%
Choline (mg)	550	3500	678.2	170	123%	31%

**MINERALS**

Calcium (mg)	1000	2500	1028	257	103%	26%
Chromium (ug)	35	-	35	8.75	100%	25%
Copper (mg)	1.7	10	3.6	0.91	214%	53%
Iodine (ug)	150	1100	150	37.5	100%	25%
Iron (mg)	8	45	13.2	3.3	165%	41%
Magnesium (mg)	400	-	648	162	162%	40%
Manganese (mg)	5.5	-	9	2.3	164%	41%
Molybdenum (ug)	45	2000	45	11.25	100%	25%
Phosphorus (g)	1	4	1.7	430mg	172%	43%
Potassium (g)	3.8	-	3.9	980mg	103%	26%
Selenium (ug)	70	400	84	21	120%	30%
Sodium (g)	0.9	2.3	0.94	234mg	104%	26%
Zinc (mg)	14	40	14.6	3.6	104%	26%

**OTHER**

Omega-3 Fatty Acids (g)	1.3		2.1	0.5	161%	40%
Omega-6 Fatty Acids (g)	13		19.4	4.85	149%	37%
Total Fibre (g)	27.5		28	7	103%	26%
Soluble Fibre (g)	-		8.9	2.2	-	-
Insoluble Fibre (g)	-		19.1	4.8	-	-