

aussielent
Vanilla
 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	8800	2200	1692
Protein (g)	50	119	30	23
Fat Total (g)	70	45.6	11.4	8.8
-Saturated	-	8	2	1.5
- Monounsaturated (g)	-	14	3.5	2.7
- Polyunsaturated(g)	-	23.4	5.85	4.5
Carbohydrates (g)	310	289	72g	55
- Sugars (g)	90	55	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).

INGREDIENTS Oat Flour, Tapioca Maltodextrin, **Whey Protein (16%)**, Soy Flour, Rice Flour, **Soy Lecithin**, Vanilla Flavour, 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	0.330	100%	25%
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	-	92.6	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	400	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	677.2	170	123%	31%

MINERALS

Calcium (mg)	1000	2500	1000	257	103%	26%
Chromium (ug)	35	-	35	8.75	100%	25%
Copper (mg)	1.7	10	3.3	0.83	196%	49%
Iodine (ug)	150	1100	150	37.5	100%	25%
Iron (mg)	8	45	12.1	3.0	151%	38%
Magnesium (mg)	400	-	607.5	152	152%	38%
Manganese (mg)	5.5	-	8.7	2.2	158%	40%
Molybdenum (ug)	45	2000	45	11.25	100%	25%
Phosphorus (g)	1	4	1.7	415mg	166%	42%
Potassium (g)	3.8	-	3.8	950mg	100%	25%
Selenium (ug)	70	400	82.9	21	118%	30%
Sodium (g)	0.9	2.3	0.9	234mg	104%	26%
Zinc (mg)	14	40	14	3.5	100%	25%

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		25.4	6.35	92%	23%
Soluble Fibre (g)	-		8.4	2.1	-	-
Insoluble Fibre (g)	-		17	4.25	-	-