

INGREDIENTS[†] (Chocolate):

Sodium Caseinate, Whey Protein Concentrate, Skim Milk Powder, Oil Powder [Sunflower Oil, Canola Oil, Dried Glucose Syrup, Milk Protein, Emulsifier (471), Flavours, Acid (330)], Fructose, Oligofructose, Chocolate Flavours, Fructooligosaccharide (Inulin), Cocoa, Acidity Regulator (332), Marine Oil Powder [Tuna Oil, Sodium Caseinate, Dextrose Monohydrate, Dried Glucose Syrup, Antioxidants (301, 304, 306, 307) Emulsifier (Soy Lecithin)], Salt, Sweetener (950), Colour (120), Minerals (Dairy Calcium, Tricalcium Phosphate, Magnesium, Iron, Zinc, Manganese, Copper, Iodine, Molybdenum, Chromium, Selenium) Vitamins (Vitamin C, Niacin, Thiamine, Vitamin E, Pantothenic Acid, Riboflavin, Vitamin B6, Vitamin A, Folic Acid, Biotin, Vitamin K, Vitamin D3, Vitamin B12).

KicStart™ contains ingredients from milk, fish products, cereals containing gluten, and soy products. It may contain traces of egg, peanuts, tree nuts, sesame or crustaceans. CONTAINS LACTOSE.

Nutritional Information[†] (Chocolate Flavour)

Serving size: 40g Sachet

	Average quantity per serve		Average quantity per 100g		Average qty per serve with 200ml skim milk	
Energy	588 kJ	(140 Cal)	1469 kJ	(350 Cal)	884 kJ	(210 Cal)
Protein	17.9 g		44.7 g		24.9 g	
Fat, Total	2.6 g		6.5 g		2.8 g	
– Saturated	0.6 g		1.4 g		0.8 g	
– Trans	0 g		0 g		0 g	
– Monounsaturated	0.9 g		2.3 g		0.9 g	
– Polyunsaturated	0.6 g		1.4 g		0.6 g	
– Omega-6 LA	472 mg		1180 mg		472 mg	
– Omega-3 ALA	49 mg		124 mg		49 mg	
– Omega-3 EPA	6 mg		14 mg		6 mg	
– Omega-3 DHA	24 mg		59 mg		24 mg	
Carbohydrate	9.6 g		24 g		19.4 g	
– Sugars	7.7 g		19.2 g		17.5 g	
Dietary Fibre	3.2 g		8.0 g		3.2 g	
Sodium	352 mg		881 mg		440 mg	
Potassium	965 mg		2410 mg		1283 mg	
Vitamin A [^]	300 µg	(40%*)	750 µg		300 µg	(40%*)
Thiamin [^]	0.55 mg	(50%*)	1.4 mg		0.55 mg	(50%*)
Riboflavin [^]	0.85 mg	(50%*)	2.1 mg		0.85 mg	(50%*)
Niacin [^]	5 mg	(50%*)	12.5 mg		5 mg	(50%*)
Folate [^]	100 µg	(50%*)	250 µg		100 µg	(50%*)
Vitamin B6	0.8 mg	(47%*)	1.9 mg		0.8 mg	(47%*)
Vitamin B12 [^]	1 µg	(50%*)	2.5 µg		1 µg	(50%*)
Biotin [^]	5 µg	(17%#)	12.5 µg		5 µg	(17%#)
Pantothenic Acid [^]	0.8 mg	(17%#)	2 mg		0.8 mg	(17%#)
Vitamin C [^]	20 mg	(50%*)	50 mg		20 mg	(50%*)
Vitamin D	4.1 µg	(41%*)	10.1 µg		4.1 µg	(41%*)
Vitamin E	4 mg	(40%*)	10 mg		4 mg	(40%*)
Vitamin K	30 µg	(38%*)	75 µg		30 µg	(38%*)
Calcium	264 mg	(33%*)	661 mg		400 mg	(50%*)
Chromium [^]	34 µg	(17%#)	85 µg		34 µg	(17%#)
Copper [^]	0.5 mg	(17%#)	1.25 mg		0.5 mg	(17%#)
Iodine [^]	75 µg	(50%*)	188 µg		75 µg	(50%*)
Iron [^]	4.8 mg	(40%*)	12 mg		4.8 mg	(40%*)
Magnesium	137 mg	(43%*)	343 mg		160 mg	(50%*)
Manganese [^]	0.85 mg	(17%#)	2.1 mg		0.85 mg	(17%#)
Molybdenum [^]	42.5 µg	(17%#)	106 µg		42.5 µg	(17%#)
Phosphorus	259 mg	(26%*)	646 mg		465 mg	(47%*)
Selenium [^]	17.5 µg	(25%*)	43.8 µg		17.5 µg	(25%*)
Zinc [^]	4.8 mg	(40%*)	12 mg		4.8 mg	(40%*)

[†] This information is for KicStart™ chocolate flavour. For full ingredient and nutritional information on other flavours, refer to the nutritional panel and ingredients list printed on each sachet and on the outer box of KicStart™. * Proportion RDI (Recommended Dietary Intake); # Proportion ESADDI (Estimated Safe and Adequate Daily Dietary Intake); ^ Maximum permitted claim for Formulated Meal Replacements (Food Standard 2.9.3)



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