

KicStart VLCD – Caramel Fudge Flavoured Shake**NUTRITION INFORMATION**

Servings per package: 1

Serving size: 55g per 200ml Cold Water

	Average Quantity per Serving	Average Quantity per 100g
Energy	853kJ (204Cal)	1550kJ (370Cal)
Protein	20.3g	37.0g
Fat - Total	3.8g	6.9g
- Saturated	2.7g	5.0g
- Trans	0.1g	0.2g
- Monounsaturated	0.2g	0.3g
- Polyunsaturated	0.5g	0.9g
- Omega-6 LA	429mg	780mg
- Omega-3 ALA	66.0mg	120mg
- Omega-3 EPA	5.2mg	9.5mg
- Omega-3 DHA	22.3mg	40.6mg
Carbohydrate	20.4g	37.1g
- Sugars	17.2g	31.2g
Dietary Fibre	3.0g	5.4g
Sodium	383mg	698mg
Potassium	864mg	1572mg
Thiamine (B1)	0.55mg (50%RDI)	1.0mg
Riboflavin (B2)	0.85mg (50%RDI)	1.5mg
Niacin (B3)	5.0mg (50%RDI)	9.1mg
Vitamin C	20mg (50%RDI)	36.4mg
Vitamin D	5ug (50%RDI)	9.1ug
Vitamin E	5mg (50%RDI)	9.1mg
Vitamin B6	0.8mg (50%RDI)	1.4mg
Vitamin B12	1.0ug (50%RDI)	1.7ug
Pantothenate	0.8mg (17%ESADDI)	1.4mg
Biotin	5.0ug (17%ESADDI)	8.6ug
Folate	100ug (50%RDI)	172ug
Vitamin A	300ug (40%RDI)	517ug
Vitamin K	40ug (50%ESADDI)	72.7ug
Magnesium	160mg (50%RDI)	276mg
Calcium	400mg (50%RDI)	727mg
Phosphorus	320mg (32%RDI)	582mg
Iron	4.8mg (40%RDI)	8.7mg
Zinc	4.8mg (40%RDI)	8.7mg
Manganese	850ug (17%ESADDI)	1.5mg
Copper	0.5mg (17%ESADDI)	0.86mg
Selenium	9ug (13%RDI)	15.5ug
Iodine	75ug (50%RDI)	129ug
Chromium	34ug (17%ESADDI)	59.0ug
Molybdenum	42.5ug (17%ESADDI)	73.0ug

Ingredient Declaration

Whey Protein Concentrate (From Milk, Contains Soy), Fructose, Calcium Caseinate (From Milk, Contains Soy), Beverage Whitener [Glucose Syrup Solids, Vegetable Oil, Milk Protein, Mineral Salts (340, 451, 452), Emulsifiers (471, 481), Soy Lecithin, Anti-caking Agent (551), Flavour], Skim Milk Powder, Soy Flour, Inulin, Potassium Citrate, Minerals (Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Selenium Yeast, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molybdate, Potassium Iodide), Vegetable Gum (415), Flavour, Colour (150c), Marine Oil (Contains Fish, Soy & Milk), Dextrose, Flavour (Contains Milk), Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin, Vitamin D, Vitamin B12), Colour (102).