

**KicStart VLCD - Strawberry Sundae
Flavoured Shake**



NUTRITION INFORMATION

Servings per package: 1

Serving size: 55g per 200ml Cold Water

	Average Quantity per Serving	Average Quantity per 100g
Energy	855kJ (204Cal)	1550kJ (371Cal)
Protein	22.5g	40.8g
Fat - Total	3.9g	7.0g
- Saturated	2.8g	5.0g
- Trans	0.1g	0.2g
- Monounsaturated	0.2g	0.4g
- Polyunsaturated	0.6g	1.0g
- Omega-6 LA	460mg	836mg
- Omega-3 ALA	71.5mg	130mg
- Omega-3 EPA	5.2mg	9.5mg
- Omega-3 DHA	22.3mg	40.6mg
Carbohydrate	18.2g	33.3g
- Sugars	15.1g	27.4g
Dietary Fibre	3.1g	5.6g
Sodium	381mg	693mg
Potassium	927mg	1686mg
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)	1.5mg
Vitamin B12	1.0ug (50%RDI)	1.8ug
Pantothenate	0.8mg (17%ESADDI)	1.5mg
Biotin	5.0ug (17%ESADDI)	9.1ug
Folate	100ug (50%RDI)	182ug
Vitamin A	300ug (40%RDI)	545ug
Vitamin K	40ug (50%ESADDI)	72.7ug
Magnesium	160mg (50%RDI)	290mg
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)	1545ug
Copper	0.5mg (17%ESADDI)	0.9mg
Selenium	9ug (13%RDI)	16.4ug
Iodine	75ug (50%RDI)	136ug
Chromium	34ug (17%ESADDI)	61.8ug
Molybdenum	42.5ug (17%ESADDI)	77.3ug

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), Sodium Bicarbonate, Carrageenan, Flavour, Marine Oil (Contains Fish, Soy & Milk), Dextrose, Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin, Vitamin D, Vitamin B12), Colour (124).