

KicStart VLCD – Pumpkin & Herb Nutritional Information

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 55g/200ml Hot Water		
	Average Quantity per	Average Quantity per 100g
Energy	846kJ (202Cal)	1539kJ (368Cal)
Protein	20.3g	36.9g
Fat, Total	4.2g	7.6g
- Saturated	2.4g	4.3g
- Trans	0.1g	0.2g
- Monounsaturated	0.3g	0.5g
- Polyunsaturated	0.8g	1.4g
- Omega-6 LA	477mg	867mg
- Omega-3 ALA	55.1mg	100mg
- Omega-3 EPA	6.1mg	11.1mg
- Omega-3 DHA	23.9mg	43.5mg
Carbohydrate	18.7g	33.9g
- Sugars	8.4g	15.2g
Dietary Fibre	3.2g	5.7g
Sodium	541mg	983mg
Potassium	965mg	1755mg
VITAMINS		
Thiamin	0.55mg	1.0mg
Riboflavin	0.85mg	1.5mg
Niacin Equivalents	5.0mg	9.1mg
Vitamin C	20.0mg	36.4mg
Vitamin D	4.1ug (41%RDI)	7.5ug
Vitamin E	4.0mg	7.3mg
Vitamin B6	0.8mg	1.5mg
Vitamin B12	1.0ug (50%RDI)	1.8ug
Pantothenate	0.8mg	1.5mg
Biotin	5.0ug	9.1ug
Folate	100ug	182ug
Vitamin A	300ug	545ug
Vitamin K	30ug	54.5ug
MINERALS		
Magnesium	160mg	290mg
Calcium	400mg	727mg
Phosphorus	430mg	782mg
Iron	4.8mg	8.7mg
Zinc	4.8mg	8.7mg
Manganese	850ug	1545ug
Copper	0.5mg	0.9mg
Selenium	17.5ug	31.8ug
Iodine	75ug (50%RDI)	136ug
Chromium	34ug	61.8ug
Molybdenum	42.5ug	77.3ug

Ingredient Declaration

Soy Isolate, Pumpkin Powder (Pumpkin, **Wheat Starch**, Maltodextrin), **Beverage Whitener** [(Glucose Syrup Solids, Vegetable Oil, **Sodium Caseinate(From Milk)**, Mineral Salts (340, 451, 452), Emulsifiers (471, 481), **Soy Lecithin**, Anti-caking Agent (551), Flavour)], **Wheat Cereal Protein, Soy Flour**, Sucrose, Minerals (Potassium Citrate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Selenium Yeast, Copper Gluconate, Manganese Sulphate, Chromium Picolinate, Potassium Iodide, Sodium Molybdate), Inulin, Dicalcium Phosphate (341), **Skim Milk Powder, Flavour (Contains Wheat)**, Onion Powder, Pumpkin Dry Flavour, Spices, Sodium Chloride, Modified Food Starch (1442), **Marine Oil [Refined Tuna Oil, Sodium Caseinate (from Milk)**, Dextrose, Maltodextrin, Sodium Ascorbate, Mixed Natural Tocopherols, **Soy Lecithin**, DI-alpha Tocopherol, Ascorbyl Palmitate], Dextrose, Herb, Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin , Vitamin D, Vitamin B12), Colour (102, 110)