

KICSTART™

to healthy weight VLCD

VANILLA MILKSHAKE

Preparation

1. Add one sachet (40g) of KicStart™ to 200 ml of skim milk (or clean drinking water if directed by your VLCD supervising healthcare professional)
2. Shake vigorously for 30 seconds or blend with an electric food processor to dissolve the powder.
3. Drink immediately.

Any unused portions of KicStart™ should be discarded, it should not be stored for use at a later time.

INGREDIENTS: Sodium Caseinate, Skim Milk Powder, Whey Protein Concentrate, Flavours, Oil Powder [Sunflower Oil, Canola Oil, Dried Glucose Syrup, Milk Protein, Emulsifier (471), Flavours, Acid (330)], Fructose, Oligofructose, Fructooligosaccharide (Inulin), Acidity Regulator (332), Vegetable Gum (412), Wheat Maltodextrin, Salt, Marine Oil Powder [Tuna Oil, Sodium Caseinate, Dextrose Monohydrate, Dried Glucose Syrup, Antioxidants (301, 304, 306, 307) Emulsifier (Soy Lecithin)], Lactoferrin, Sweetener (950), 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, wheat (maltodextrin) and soy products. It may contain traces of egg, peanuts, tree nuts, sesame or crustaceans. CONTAINS LACTOSE.

FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.



STORE BELOW 25°C

KicStart™ is manufactured and packaged in Australia.

Nutritional Information	Servings per package: 1		Average quantity		Average quantity	
	per serve		per 100g		Average qty per serve with 200ml skim milk	
Energy	582kJ	(139 Cal)	1455kJ	(346 Cal)	878kJ	(209 Cal)
Protein	16.8g		42.0g		23.8g	
Fat	2.5g		6.3g		2.7g	
– Saturated	0.5g		1.3g		0.71g	
– Trans	0.0		0		0g	
– Monounsaturated	0.9g		2.3g		0.9g	
– Polyunsaturated	0.55g		1.4g		0.55g	
– Omega 6 (Linoleic)	472mg		1180mg		472mg	
– Omega 3 ALA	52.0mg		130mg		52.0mg	
– Omega 3 EPA	6.0mg		15.0mg		6.0mg	
– Omega 3 DHA	24.0mg		60.0mg		24.0mg	
Carbohydrate	10.7g		26.8g		20.5g	
– Sugars	8.6g		21.5g		18.4g	
Dietary Fibre	2.7g		6.8g		2.7g	
Sodium	357mg		893mg		459mg	
Potassium	910mg		2275mg		1228mg	
Vitamin A [^]	300µg	(40%*)	750µg		300µg	(40%*)
Thiamine [^]	0.55mg	(50%*)	1.4mg		0.55mg	(50%*)
Riboflavin [^]	0.85mg	(50%*)	2.1mg		0.85mg	(50%*)
Niacin [^]	5mg	(50%*)	12.5mg		5mg	(50%*)
Folate [^]	100µg	(50%*)	250µg		100µg	(50%*)
Vitamin B6	0.8mg	(47%*)	1.9mg		0.8mg	(47%*)
Vitamin B12 [^]	1µg	(50%*)	2.5µg		1µg	(50%*)
Biotin [^]	5µg	(17%#)	12.5µg		5µg	(17%#)
Pantothenic Acid [^]	0.8mg	(17%#)	2.0mg		0.8mg	(17%#)
Vitamin C [^]	20mg	(50%*)	50mg		20mg	(50%*)
Vitamin D	4µg	(40%*)	10.1µg		4µg	(40%*)
Vitamin E	4mg	(40%*)	10.0mg		4mg	(40%*)
Vitamin K	30µg	(38%*)	75µg		30mcg	(38%*)
Calcium	258mg	(32%*)	645mg		400mg	(50%*)
Chromium [^]	34µg	(17%#)	85µg		34µg	(17%#)
Copper [^]	0.5mg	(17%#)	1.25mg		0.5mg	(17%#)
Iodine [^]	75µg	(50%*)	188µg		75µg	(50%*)
Iron [^]	4.8mg	(40%*)	12mg		4.8mg	(40%*)
Magnesium	127mg	(40%*)	318mg		151mg	(47%*)
Manganese [^]	0.85mg	(17%#)	2.1mg		0.85mg	(17%#)
Molybdenum [^]	42.5µg	(17%#)	106µg		42.5µg	(17%#)
Phosphorus	244mg	(24%*)	610mg		450mg	(45%*)
Selenium [^]	17.5µg	(25%*)	43.8µg		17.5µg	(25%*)
Zinc [^]	4.8mg	(40%*)	12mg		4.8mg	(40%*)

*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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