



Nutritional Information:		Shakes (All flavours)		Chicken Soup Mix		Vegetable Soup Mix	
AVERAGE CONTENT	UNITS	PER 100g powder	PER 52g Sachet prepared with 200ml water	PER 100g powder	PER 52g Sachet prepared with 200ml water	PER 100g powder	PER 52g Sachet prepared with 200ml water
Energy	KJ	1663	865	1674	870	1674	870
	Kcal	388	202	389	202	389	202
Fat	g	9.0	4.7	12	6.3	12	6.3
of which saturates	g	4.1	2.1	4.6	2.4	4.0	2.1
- monounsaturates	g	2.8	1.5	3.5	1.8	3.0	1.6
- polyunsaturates	g	0.71	0.37	1.1	0.55	0.94	0.49
Carbohydrate	g	31	16	27	14	27	14
of which sugars	g	25	13	23	12	23	12
Fibre	g	7.6	3.9	8.0	4.2	8.0	4.2
Protein	g	43	22	42	22	42	22
Salt	g	1.2	0.61	2.9	1.5	3.6	1.9
<b>VITAMINS</b>							
Vitamin A	µg-RE	600	312	627	326	618	321
Vitamin D	µg	5.0	2.6	5.4	2.8	5.7	3.0
Vitamin E	mg α-TE	10	5.2	10	5.4	10	5.4
Vitamin K	µg	55	29	56	29	56	29
Vitamin C	mg	60	31	60	31	60	31
Thiamin (B1)	mg	1.0	0.52	1.1	0.55	1.0	0.54
Riboflavin (B2)	mg	1.0	0.52	0.97	0.50	0.90	0.47
Niacin	mg NE	20	10	20	11	20	11
Vitamin B6	mg	1.0	0.52	1.0	0.54	1.0	0.53
Folic Acid	µg	200	104	200	104	200	104
Vitamin B12	µg	4.7	2.4	2.9	1.5	2.8	1.5
Biotin	µg	27	14	29	15	32	17
Pantothenic Acid	mg	5.0	2.6	5.1	2.7	5.0	2.6
<b>MINERALS</b>							
Sodium	mmol	14	7.3	50	26	62	32
	mg	320	166	1160	603	1430	744
Potassium	mmol	38.4	20.0	39.0	20.3	38.4	20.0
	mg	1500	780	1524	792	1500	780
Chloride	mmol	29.4	15.3	58.4	30.4	74.8	38.9
	mg	1043	542	2070	1076	2650	1378
Calcium	mmol	15.9	8.3	14.9	7.7	15.0	7.8
	mg	638	332	596	310	600	312
Phosphorus	mmol	16.3	8.5	18.4	9.6	18.7	9.7
	mg	505	262	570	297	579	301
Magnesium	mmol	8.23	4.28	8.21	4.28	8.23	4.28
	mg	200	104	200	104	200	104
Iron	mg	10	5.2	9.9	5.2	10	5.2
Zinc	mg	10	5.2	10	5.2	10	5.2
Copper	µg	1000	520	1000	520	1000	520
Manganese	mg	1.0	0.52	1.0	0.53	1.0	0.52
Selenium	µg	50	26	50	26	50	26
Chromium	µg	100	52	99	52	100	52
Molybdenum	µg	88	46	67	35	67	35
Iodine	µg	120	62.4	125	65	119	62
Fluoride	mg	0.50	0.26	0.50	0.26	0.50	0.26

### Banana Shake Ingredients:

**Whey Protein Concentrate, Fat Filled Milk Powder (Skimmed Milk Powder,** Palm Oil, Sugar, **Soya Lecithin,** Vitamin A and Vitamin D3), **Skimmed Milk Powder,** Inulin Powder, Maltodextrin, Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Xanthan Gum, Natural Colour (Beta Carotene), Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-a-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

### Chocolate Shake Ingredients:

**Whey Protein Concentrate, Fat Filled Milk Powder (Skimmed Milk Powder,** Palm Oil, Sugar, **Soya Lecithin,** Vitamin A and Vitamin D3), **Skimmed Milk Powder,** Inulin Powder, Cocoa Powder, Maltodextrin, Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-a-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

### Strawberry Shake Ingredients:

**Whey Protein Concentrate, Fat Filled Milk Powder (Skimmed Milk Powder,** Palm Oil, Sugar, **Soya Lecithin,** Vitamin A and Vitamin D3), **Skimmed Milk Powder,** Inulin Powder, Maltodextrin, Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Natural Colour (Beetroot Powder), Flavourings, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-a-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

### Vanilla Shake Ingredients:

**Whey Protein Concentrate, Fat Filled Milk Powder (Skimmed Milk Powder,** Palm Oil, Sugar, **Soya Lecithin,** Vitamin A and Vitamin D3), **Skimmed Milk Powder,** Inulin Powder, Maltodextrin, Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-a-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

### Vegetable Soup Ingredients:

**Fat Filled Milk Powder (Skimmed Milk Powder,** Palm Oil, Sugar, **Soya Lecithin,** Vitamin A and Vitamin D3), **Whey Protein Concentrate, Soy Protein Isolate, Skimmed Milk Powder,** Inulin Powder, Vegetable Bouillon Powder (Dextrose, Salt, Dried Vegetables (Onion, Leek, Carrot), Yeast Extracts, Sunflower Oil, Spices, Flavouring, Herb), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Calcium Carbonate, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Maltodextrin, Xanthan Gum, Chives, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-a-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), and Ground Black Pepper.

### Chicken Soup Ingredients:

**Fat Filled Milk Powder (Skimmed Milk Powder,** Palm Oil, Sugar, **Soya Lecithin,** Vitamin A and Vitamin D3), **Whey Protein Concentrate, Soy Protein Isolate, Skimmed Milk Powder,** Inulin Powder, Chicken Stock Powder (Dextrose, Salt, Yeast Extracts, Natural Flavouring, Sugar, Sunflower Oil, Spices), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Calcium Carbonate, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Maltodextrin, Xanthan Gum, Chives, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-a-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), and Ground Black Pepper.