

Nutritional Information:		Shakes (All flavours)		Chicken Soup Mix		Vegetable Soup Mix	
AVERAGE CONTENT	UNITS	PER 100g Powder	PER 52g Serving prepared with 200ml water	PER 100g Powder	PER 52g Serving prepared with 200ml water	PER 100g Powder	PER 52g Serving prepared with 200ml water
Energy	KJ	1823	948	1714	891	1673	870
	Kcal	432	225	407	211	397	206
Fat	g	12	6.4	10	5.4	8.5	4.4
- of which saturates	g	4.7	2.5	3.9	2.0	3.2	1.6
- monounsaturates	g	4.1	2.1	3.5	1.8	2.8	1.5
- polyunsaturates	g	2.8	1.5	2.4	1.3	2.0	1.0
Carbohydrate	g	41	21	36	19	39	20
- of which sugars	g	24	12	24	12	23	12
Fibre	g	7.2	3.7	7.2	3.7	7.2	3.7
Protein	g	40	21	42	22	40	21
Salt	g	0.68	0.35	3.6	1.9	3.2	1.7
VITAMINS							
Vitamin A	µg-RE	476	248	476	248	476	248
Vitamin D	µg	5.0	2.6	5.0	2.6	5.0	2.6
Vitamin E	mg α-TE	12	6.0	12	6.0	12	6.0
Vitamin K	µg	52	27	54	28	54	28
Vitamin C	mg	60	31	60	31	60	31
Thiamine (B1)	mg	0.99	0.51	1.0	0.55	1.0	0.55
Riboflavin (B2)	mg	1.0	0.54	1.0	0.52	0.94	0.49
Niacin	mg NE	20	11	21	11	21	11
Vitamin B6	mg	1.1	0.55	1.1	0.56	1.1	0.56
Folic Acid	µg	278	144	236	123	260	135
Vitamin B12	µg	4.1	2.1	2.8	1.4	2.7	1.4
Biotin	µg	23	12	40	21	34	18
Pantothenic Acid	mg	5.2	2.7	5.2	2.7	5.0	2.6
MINERALS							
Sodium	mmol	14	7.3	62	32	56	29
	mg	320	166	1425	741	1295	673
Potassium	mmol	38.4	20.0	38.4	20.0	38.4	20.0
	mg	1500	780	1500	780	1500	780
Chloride	mmol	32.5	16.9	71.1	37.0	62.2	32.4
	mg	1152	599	2521	1311	2206	1147
Calcium	mmol	16.8	8.8	14.2	7.4	15.5	8.1
	mg	675	351	568	295	622	323
Phosphorus	mmol	15.6	8.1	16.6	8.6	17.7	9.2
	mg	483	251	513	267	549	285
Magnesium	mmol	8.23	4.28	8.23	4.28	8.23	4.28
	mg	200	104	200	104	200	104
Iron	mg	10	5.2	9.7	5.0	10	5.2
Zinc	mg	10	5.2	9.9	5.1	10	5.3
Copper	µg	1000	520	970	504	970	504
Manganese	mg	1.0	0.52	0.97	0.50	1.0	0.52
Fluoride	mg	0.50	0.26	0.40	0.21	0.40	0.21
Selenium	µg	55	28	56	29	57	30
Chromium	µg	101	53	102	53	102	53
Molybdenum	µg	65	34	63	33	61	32
Iodine	µg	209	109	191	99	191	99
Linoleic Acid	mg	2.55	1.33	2.32	1.21	2.32	1.21

Banana Shake Ingredients:

Whey Protein Concentrate (29.5%), Fat Filled Milk Powder (20.3%) (Skimmed Milk Powder, Palm Oil, Sugar and Soya Lecithin), Skimmed Milk Powder (27%), Inulin Powder, Maltodextrin, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), 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-alpha-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 (29.5%), Fat Filled Milk Powder (20.3%) (Skimmed Milk Powder, Palm Oil, Sugar and Soya Lecithin), Skimmed Milk Powder (27%), Inulin Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Cocoa Powder (3.5%), 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-alpha-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 (29.5%), Fat Filled Milk Powder (20.3%) (Skimmed Milk Powder, Palm Oil, Sugar and Soya Lecithin), Skimmed Milk Powder (27%), Inulin Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), 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-alpha-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 (29.5%), Fat Filled Milk Powder (20.3%) (Skimmed Milk Powder, Palm Oil, Sugar and Soya Lecithin), Skimmed Milk Powder (27%), Inulin Powder, Maltodextrin, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), 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-alpha-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:

Skimmed Milk Powder (26%), Fat Filled Milk Powder (20%) (Skimmed Milk Powder, Palm Oil, Sugar, Soya Lecithin), Whey Protein Concentrate (16%), Soy Protein Isolate (14.5%), Inulin Powder, Vegetable Bouillon Powder (Dextrose, Salt, Dried Vegetables (Onion, Leek, Carrot), Yeast Extracts, Sunflower Oil, Spices, Flavouring, Herb), Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), 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-alpha-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:

Skimmed Milk Powder (26%), Fat Filled Milk Powder (21%) (Skimmed Milk Powder, Palm Oil, Sugar, Soya Lecithin), Whey Protein Concentrate (16%), Soy Protein Isolate (14.5%), Inulin Powder, Chicken Stock Powder (Dextrose, Salt, Yeast Extracts, Natural Flavouring, Sugar, Sunflower Oil, Spices), Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), 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), Xanthan Gum, Chives, Maltodextrin, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-alpha-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.