

**KICSTART™**  
**to healthy weight#**  
**VLCD**

# Pumpkin and Herb

Flavoured Soup



## Preparation

Add one sachet (57g) of KicStart soup to a bowl. Slowly whisk in 200mL of HOT water to dissolve powder.

OR

Mix powder and 200mL of COLD water in a shaker then transfer to a heatproof container and warm in microwave.

**STORE BELOW 25°C**  
 KicStart™ is manufactured and packaged in Australia.

Each sachet is 57g net

Nutrition Information		Servings per package: 1	
Serving size: 57g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	885kJ (211 Cal)	378kJ (90Cal)	
Protein	20.0g	8.6g	
Fat, Total	4.8g	2.0g	
- Saturated	2.4g	1.0g	
Carbohydrate	20.2g	8.5g	
- Sugars	7.4g	3.2g	
Dietary Fibre	4.1g	1.8g	
Sodium	577mg	247mg	
Potassium	505mg	216mg	
Magnesium	160mg (50%RDI)*	68mg	
Calcium	360mg (45%RDI)	154mg	
Phosphorus	450mg (45%RDI)	192mg	
Iron	4.8mg (40%RDI)	2.1mg	
Zinc	4.8mg (40%RDI)	2.1mg	
Manganese	0.85mg (17%ESADDI)**	0.4mg	
Copper	0.5mg (17%ESADDI)	0.2mg	
Selenium	17.5µg (25%RDI)	7.5µg	
Iodine	75µg (50%RDI)	32µg	
Chromium	34µg (17% ESADDI)	15µg	
Molybdenum	42.5µg (17% ESADDI)	18µg	
Vitamin A	300µg (40%RDI)	128µg	
Thiamin	0.55mg (50%RDI)	0.24mg	
Riboflavin	0.85mg (50%RDI)	0.36mg	
Niacin	5mg (50%RDI)	2mg	
Pantothenic Acid	0.8mg (17% ESADDI)	0.3mg	
Vitamin B12	1.0µg (50%RDI)	0.4µg	
Vitamin C	20mg (50%RDI)	8.5mg	
Vitamin D	5µg (50%RDI)	2µg	
Vitamin E	5mg (50%RDI)	2mg	
Vitamin B6	0.8mg (50%RDI)	0.3mg	
Vitamin K	40µg (50% ESADDI)	17µg	
Biotin	5µg (17% ESADDI)	2µg	
Folic Acid	100µg (50%RDI)	43µg	

\*RDI = Recommended Dietary Intake  
 \*\*ESADDI = Estimated Safe and Adequate Daily Dietary Intake



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## INGREDIENTS

Soy Protein (**Soy Isolate**, Emulsifier (**Soy Lecithin**)), Pumpkin Powder (18%) (Pumpkin, Maize Starch, Maltodextrin), Beverage Whitener (Glucose Syrup Solids, Hydrogenated Vegetable Oil, **Milk Protein**, Mineral Salts (340, 451, 452), Emulsifiers (471, 481, **Soy Lecithin**), Anti-Caking Agent (551), Flavour), Dietary Fibre (Polydextrose, Inulin), Sucrose, Minerals (Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Chromium Chloride, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Sodium Selenite), **Soy Flour**, Hydrolysed Gelatin, Emulsifier (**Soy Lecithin**), Flavour (**Wheat**), Skim **Milk Powder**, Onion Powder, Salt, Ground Cumin, Natural Colour (Paprika, Turmeric), Pepper, Dried Parsley, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).

### Contains Soy, Milk & Wheat.

**KicStart™ contains ingredients from milk, wheat and soy products. CONTAINS LACTOSE.**  
 FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.

#When consumed as directed and part of a reduced energy diet including regular exercise.