

KICSTART™

VLCD

Asian Beef

Flavoured Soup

Preparation

1. Add 200mL (or more) of cold water to shaker or blender.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved.
4. Transfer to saucepan, heatproof mug or bowl and gently heat on stove top or microwave.

Tip: Add "Free Food" vegetables, herbs and spices as desired.
Consume Immediately

As used in the
Healthy Weight For Life Programs
HealthyWeightForLife.com.au

55g net

NUTRITION INFORMATION

Servings per package: 1

Serving size: 55g per 200mL hot water

	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)
Energy	855kJ (204Cal)	367kJ (88Cal)
Protein	21.8g	9.4g
Fat, Total	5.1g	2.2g
- Saturated	0.7g	0.3g
Carbohydrate	15.5g	6.7g
- Sugars	4.5g	1.8g
Dietary Fibre	4.1g	1.7g
Sodium	667mg	286mg
Potassium	503mg	216mg
Magnesium	160mg (50%RDI)*	69mg
Calcium	380mg (47%RDI)	163mg
Phosphorus	300mg (30%RDI)	129mg
Iron	4.8mg (40%RDI)	2.1mg
Zinc	4.8mg (40%RDI)	2.1mg
Manganese	0.85mg (17%ESADD)**	0.4mg
Copper	0.5mg (17%ESADD)	0.2mg
Selenium	17.5µg (25%RDI)	7.5µg
Iodine	75µg (50%RDI)	32µg
Chromium	34µg (17%ESADD)	15µg
Molybdenum	42.5µg (17%ESADD)	18µg
Vitamin A	300µg (40%RDI)	123µg
Thiamin	0.55mg (50%RDI)	0.24mg
Riboflavin	0.85mg (50%RDI)	0.36mg
Niacin	5.0mg (50%RDI)	2.0mg
Pantothenic Acid	0.8mg (17%ESADD)	0.3mg
Vitamin B12	1.0µg (50%RDI)	0.4µg
Vitamin C	20mg (50%RDI)	8.6mg
Vitamin D	5.0µg (50%RDI)	2.0µg
Vitamin E	5.0mg (50%RDI)	2.0mg
Vitamin B6	0.8mg (50%RDI)	0.3mg
Vitamin K	40µg (50%ESADD)	17µg
Biotin	5.0µg (17%ESADD)	2.0µg
Folate	100µg (50%RDI)	43µg

*RDI = Recommended Dietary Intake

**ESADDI = Estimated Safe and Adequate Daily Dietary Intake



Prima Health Solutions Pty Ltd
ABN 44 097 116 544
Unit 14 / 10-18 Orchard Rd,
Brookvale NSW 2100
PO Box 7468, Warringah Mall NSW 2100

Enquiries and feedback:
FREECALL 1800 226 180
info@primahealth.com.au

INGREDIENT

Hydrolysed Collagen, Maltodextrin, Sunflower Oil Powder [Sunflower Oil, Glucose Syrup Solids, Milk Protein, Emulsifier (472c), Antioxidant (300, 304, 306 (Soy), 322, 472c)], Soy Protein (Soy Isolate, Emulsifier (Soy Lecithin)), Dietary Fibre (Polydextrose, Inulin), Flavour (Soy), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Sugar, Black Bean Powder (Soy), Vegetable Gum (415), Dried Onion, Dried Red Pepper, Colour (150c), Ground Ginger, Onion Powder, Garlic Powder, Chive Flakes, Ground Pepper, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).
Contains Milk & Soy

STORE BELOW 25°C

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

