

## Vanilla Bean

Flavoured Shake

### Preparation

1. Add 200mL (or more) of cold water to shaker or blender. Add ice cubes if desired.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved. Consume Immediately

As used in the  
Healthy Weight For Life Programs  
[HealthyWeightForLife.com.au](http://HealthyWeightForLife.com.au)

55g net

### NUTRITION INFORMATION

Servings per package: 1

Serving size: 55g per 200mL cold water

	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)
Energy	870kJ (208Cal)	373kJ (89Cal)
Protein	20.0g	8.6g
Fat, Total	4.2g	1.8g
- Saturated	3.1g	1.3g
Carbohydrate	19.6g	8.4g
- Sugars	15.8g	6.8g
Dietary Fibre	4.9g	2.1g
Sodium	180mg	77mg
Potassium	521mg	224mg
Magnesium	160mg (50%RDI)*	69mg
Calcium	400mg (50%RDI)	172mg
Phosphorus	350mg (35%RDI)	150mg
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)	129µg
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)	2.1mg
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



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### INGREDIENTS

Milk Solids [Whey Protein Concentrate (Whey (**Milk**)), Vegetable Oil, Emulsifier (**Soy Lecithin**)], Calcium Caseinate (Calcium Caseinate (**Milk**)), Emulsifier (471) (**Soy**), Skim Milk Powder], Fructose, Dietary Fibre (Polydextrose, Soluble Corn Fibre, Inulin), 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), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Sodium Bicarbonate, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Emulsifier (**Soy Lecithin**), Flavour, Thickener (Carrageenan), Salt, Anticaking Agent (551), 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.

