**Exante Diet Ingredient & Nutritional Information Sheet – December 2013**

**Shakes**

**Banana**

Ingredients: **Skimmed Milk Powder (40%) (Milk),** Maltodextrin, Soya Protein **(Soya),** **Whey Protein (Milk),** **Vegetable Fat (palm, Soya),** Inulin, **Soya Oil (Soya**), Tri Potassium Citrate, **Milk Protein (Milk),** Dried Glucose, Stabiliser: Carboxyl methyl Cellulose, Di potassium phosphate, Calcium Chloride, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Flavouring, **Soya Lecithin (Soya),** Sweetener: Sucralose; Colour: Beta Carotene; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1668 | 850 |  |
| Energy kcal | 394 | 201 |  |
| Fat (g) | 12.6 | 6.4 |  |
| (of which saturates) (g) | 5.6 | 2.8 |  |
| Carbohydrate (g) | 39.5  | 20.2 |  |
| (of which sugars) (g) | 28.7 | 14.6 |  |
| Fibre (g) | 6.9 | 3.5 |  |
| Protein | 27.5 | 13.4 |  |
| Linoleic acid (g) | 3.499 | 1.77 |  |
| Alpha Linolenic acid (g) | 0.349 | 0.18 |  |
| Salt (g) | 1.3925 | 0.71 |  |
| Potassium (mg) | 2186 | 1114.86 | 56 |
| Calcium (mg) | 660 | 336.60 | 42 |
| Magnesium (mg) | 275 | 140.25 | 37 |
| Phosphorus (mg) | 574 | 292.74 | 42 |
| Chloride (mg) | 685 | 349.35 | 44 |
| Biotin (µg) | 36.10 | 18.41 | 37 |
| Chromium (µg) | 26.80 | 13.67 | 34 |
| Copper (mg) | 0.78 | 0.40 | 40 |
| Fluoride (mg) | 2.34 | 1.19 | 34 |
| Folic acid (µg) | 171.0 | 87.21 | 44 |
| Iodine (µg) | 120.0 | 61.20 | 41 |
| Iron (mg) | 11.78 | 6.01 | 43 |
| Manganese (mg) | 1.54 | 0.79 | 39 |
| Molybdenum (µg) | 33.34 | 17.00 | 34 |
| Niacin (mg) | 12.40 | 6.32 | 40 |
| Pantothenic acid (mg) | 4.53 | 2.31 | 39 |
| Selenium (µg) | 49.00 | 24.99 | 45 |
| Vitamin A (µg) | 601.0 | 306.51 | 38 |
| Vitamin B1 (mg) | 0.81 | 0.41 | 38 |
| Vitamin B12 (µg) | 2.20 | 1.12 | 45 |
| Vitamin B2 (mg) | 1.46 | 0.74 | 53 |
| Vitamin B6 (mg) | 1.24 | 0.63 | 45 |
| Vitamin C (mg) | 59.0 | 30.09 | 38 |
| Vitamin D (µg) | 4.34 | 2.21 | 44 |
| Vitamin E (mg) | 8.11 | 4.14 | 34 |
| Vitamin K1 (µg) | 50.0 | 25.00 | 34 |
| Zinc (mg) | 7.90 | 4.03 | 40 |

**Chocolate**

Ingredients: **Skimmed Milk Powder (34%) (Milk),** Maltodextrin, **Soya Protein (Soya), Whey Protein (Milk),** **Vegetable Fat (palm, Soya),** **Soya Oil (Soya),** Fat Reduced Cocoa, Inulin, Tri Potassium Citrate, **Milk Protein (Milk),** Dried Glucose, Flavouring, Stabiliser: Carboxyl Methyl Cellulose, Di Potassium Phosphate, Magnesium Oxide, Calcium Chloride, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-Pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), **Soya Lecithin (Soya),** Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1670 | 852 |  |
| Energy kcal | 398 | 203 |  |
| Carbohydrates (g) | 41.0 | 20.9 |  |
| (of which sugars) (g) | 25.7 | 13.1 |  |
| Fat | 12.7 | 6.5 |  |
| (of which saturates) (g) | 5.7 | 2.9 |  |
| Fibre (g) | 6.8 | 3.5 |  |
| Protein (g) | 26.2 | 13.4 |  |
| Alpha Linolenic acid (g) | 0.349 | 0.178 |  |
| Linoleic acid (g) | 3.466 | 1.768 |  |
| Salt (g) | 1.26 | 0.6425 |  |
| Potassium (mg) | 2087 | 1064.37 | 53 |
| Calcium (mg) | 544 | 277.44 | 35 |
| Magnesium (mg) | 293 | 149.43 | 40 |
| Phosphorus (mg) | 546 | 278.46 | 40 |
| Chloride (mg) | 544 | 277.44 | 44 |
| Biotin (µg) | 34.80 | 17.75 | 35 |
| Chromium (µg) | 26.80 | 13.67 | 34 |
| Copper (mg) | 0.98 | 0.5 | 50 |
| Fluoride (mg) | 2.34 | 1.19 | 34 |
| Folic acid (µg) | 167.0 | 85.17 | 43 |
| Iodine (µg) | 111.0 | 56.61 | 38 |
| Iron (mg) | 13.48 | 6.87 | 49 |
| Manganese (mg) | 1.54 | 0.79 | 39 |
| Molybdenum (µg) | 33.34 | 17.0 | 34 |
| Niacin (mg) | 12.3 | 6.27 | 39 |
| Pantothenic acid (mg) | 4.31 | 2.20 | 37 |
| Selenium (µg) | 49.0 | 24.99 | 45 |
| Vitamin A (µg) | 578.0 | 294.78 | 37 |
| Vitamin B1 (mg) | 0.79 | 0.4 | 37 |
| Vitamin B12 (µg) | 2.10 | 1.07 | 43 |
| Vitamin B2 (mg) | 1.37 | 0.70 | 50 |
| Vitamin B6 (mg) | 1.20 | 0.61 | 44 |
| Vitamin C (mg) | 58.0 | 29.58 | 37 |
| Vitamin D (µg) | 4.34 | 2.21 | 44 |
| Vitamin E (mg) | 8.09 | 4.13 | 34 |
| Vitamin K1 (µg) | 50.0 | 25.5 | 34 |
| Zinc (mg) | 8.0 | 4.08 | 41 |

**Chocolate Improved**

Ingredients: **Skimmed Milk Powder (34%) (Milk),** Maltodextrin, **Soya Protein (Soya), Whey Protein (Milk),** **Vegetable Fat (palm, soya) (Soya),** **Soya Oil (Soya),** Fat Reduced Cocoa, Inulin, Tri Potassium Citrate, **Milk Protein (Milk),** Dried Glucose, Flavouring, Stabiliser: Carboxyl Methyl Cellulose, Di Potassium Phosphate, Magnesium Oxide, Calcium Chloride, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-Pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), **Soya Lecithin (Soya),** Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1655 | 844 |  |
| Energy kcal | 392 | 200 |  |
| Fat (g) | 12.5 | 6.4 |  |
| (of which saturates) (g) | 5.5 | 2.8 |  |
| Carbohydrate (g) | 40.8 | 20.8 |  |
| (of which sugars) (g) | 25.7 | 13.1 |  |
| Fibre (g) | 6.6 | 3.4 |  |
| Protein | 26.1 | 13.3 |  |
| Linoleic acid (g) | 3.466 | 1.768 |  |
| Alpha Linolenic acid (g) | 0.349 | 0.178 |  |
| Salt (g) | 1.322 | 0.674 |  |
| Potassium (mg) | 2137 | 1089.87 | 54 |
| Calcium (mg) | 543 | 276.93 | 35 |
| Magnesium (mg) | 290 | 147.90 | 39 |
| Phosphorus (mg) | 541 | 275.91 | 39 |
| Chloride (mg) | 548 | 579.48 | 35 |
| Biotin (µg) | 34.80 | 17.75 | 35 |
| Chromium (µg) | 26.80 | 13.67 | 34 |
| Copper (mg) | 0.98 | 0.50 | 50 |
| Fluoride (mg) | 2.34 | 1.19 | 34 |
| Folic acid (µg) | 167.0 | 85.17 | 43 |
| Iodine (µg) | 111.0 | 56.61 | 38 |
| Iron (mg) | 14.28 | 7.28 | 42 |
| Manganese (mg) | 1.54 | 0.79 | 39 |
| Molybdenum (µg) | 33.34 | 17.0 | 34 |
| Niacin (mg) | 12.4 | 6.32 | 40 |
| Pantothenic acid (mg) | 4.38 | 2.23 | 37 |
| Selenium (µg) | 49.0 | 24.99 | 45 |
| Vitamin A (µg) | 580.0 | 295.80 | 37 |
| Vitamin B1 (mg) | 0.79 | 0.4 | 37 |
| Vitamin B12 (µg) | 2.10 | 1.07 | 43 |
| Vitamin B2 (mg) | 1.37 | 0.70 | 50 |
| Vitamin B6 (mg) | 1.20 | 0.61 | 44 |
| Vitamin C (mg) | 58.0 | 29.58 | 37 |
| Vitamin D (µg) | 4.04 | 2.06 | 41 |
| Vitamin E (mg) | 8.09 | 4.13 | 34 |
| Vitamin K1 (µg) | 50.0 | 25.5 | 34 |
| Zinc (mg) | 8.0 | 4.08 | 41 |

**Chocolate Shake and Go**

Ingredients: **Skimmed Milk Powder (41%) (Milk),** Maltodextrin, **Soya Protein (Soya)**, **Whey Protein** **(Milk)** , Inulin, **Soya Oil** **(Soya)** , Tri Potassium Citrate, **Vegetable Fat** **(Palm, Soya)**, Flavouring, **Milk Protein (Milk)**, Stabiliser: Carboxyl methyl Cellulose, Dried Glucose, Di potassium phosphate, Magnesium Oxide, Calcium Chloride, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotanimide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Soya Lecithin, Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – add 200mls of cold water. Replace the cap, screwing firmly. Shake!**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1680 | 857 |  |
| Energy kcal | 402 | 205 |  |
| Fat (g) | 10.3 | 5.3 |  |
| (of which saturates) (g) | 3.7 | 1.9 |  |
| Carbohydrate (g)  | 35.5 | 18.1 |  |
| (of which sugars) (g) | 25.4 | 12.9 |  |
| Fibre (g) | 6.8 | 3.4 |  |
| Protein (g)  | 31.5 | 16.1 |  |
| Linoleic acid (g) | 3.02 | 1.54 |  |
| Alpha Linolenic acid (g) | 0.31 | 0.16 |  |
| Salt (g) | 1.26 | 0.64 |  |
| Potassium (mg) | 2087 | 1064.37 | 53 |
| Calcium (mg) | 544 | 277.44 | 35 |
| Magnesium (mg) | 293 | 149.43 | 40 |
| Phosphorus (mg) | 546 | 278.46 | 40 |
| Chloride (mg) | 544 | 277.44 | 35 |
| Biotin (µg) | 34.8 | 17.75 | 35 |
| Chromium (µg) | 26.8 | 13.67 | 34 |
| Copper (mg) | 0.98 | 0.50 | 50 |
| Fluoride (mg) | 2.34 | 1.19 | 34 |
| Folic acid (µg) | 167.0 | 85.17 | 43 |
| Iodine (µg) | 111.0 | 56.61 | 113 |
| Iron (mg) | 13.48 | 6.87 | 49 |
| Manganese (mg) | 1.54 | 0.79 | 39 |
| Molybdenum (µg) | 33.34 | 17.00 | 34 |
| Niacin (mg) | 12.3 | 6.27 | 39 |
| Pantothenic acid (mg) | 4.31 | 2.20 | 37 |
| Selenium (µg) | 49.0 | 24.99 | 45 |
| Vitamin A (µg) | 578.0 | 294.78 | 37 |
| Vitamin B1 (mg) | 0.79 | 0.40 | 37 |
| Vitamin B12 (µg) | 2.1 | 1.07 | 43 |
| Vitamin B2 (mg) | 1.37 | 0.70 | 50 |
| Vitamin B6 (mg) | 1.2 | 0.61 | 44 |
| Vitamin C (mg) | 58 | 29.58 | 37 |
| Vitamin D (µg) | 4.34 | 2.21 | 44 |
| Vitamin E (mg) | 8.09 | 4.13 | 34 |
| Vitamin K1 (µg) | 50 | 25.50 | 34 |
| Zinc (mg) | 8 | 4.08 | 41 |

**Chocolate Mint**

Ingredients: **Skimmed Milk Powder (41%) (Milk)**, Maltodextrin, **Soya Protein** **(Soya)**, **Whey Protein (Milk)** , Inulin, **Soya Oil (Soya)**, Fat Reduced Cocoa, Tri Potassium Citrate, **Vegetable Fat** **(Palm, Soya)**, **Milk Protein** **(Milk)**, Flavourings, Stabiliser: Carboxyl methyl Cellulose, Dried Glucose, Di potassium phosphate, Magnesium Oxide, Calcium Chloride, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Soya Lecithin, Sweetener: Sucralose; Antioxidants: E304, E307**.**

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
|  Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1675  | 854 |  |
| Energy kcal | 400 | 204 |  |
| Fat (g) | 10.3 | 5.3 |  |
| (of which saturates) (g) | 3.7 | 1.9 |  |
| Carbohydrates (g) | 42.1 | 21.5 |  |
| (of which sugars) (g) | 25.2 | 12.9 |  |
| Fibre (g) | 6.8 | 3.4 |  |
| Protein (g) | 31.4 | 16.0 |  |
| Linoleic acid (g) | 3.02 | 1.54 |  |
| Alpha Linolenic acid (g) | 0.31 | 0.16 |  |
| Salt (g) | 1.260 | 0.642.5 |  |
| Potassium (mg) | 2087 | 1064 | 53 |
| Calcium (mg) | 544 | 277 | 35 |
| Magnesium (mg) | 293 | 149.43 | 40 |
| Phosphorus (mg) | 546 | 278.46 | 40 |
| Chloride (mg) | 544 | 277 | 35 |
| Biotin (µg)  | 34.8 | 17.78 | 35 |
| Chromium (µg) | 26.8 | 13.7 | 34 |
| Copper (mg) | 0.98 | 0.5 | 50 |
| Fluoride (mg) | 2.34 | 1.19 | 34 |
| Folic acid (µg)  | 167.0 | 85.17 | 43 |
| Iodine (µg) | 111.0 | 56.61 | 38 |
| Iron (mg) | 13.48 | 6.87 | 49 |
| Manganese (mg) | 1.54 | 0.79 | 39 |
| Molybdenum (µg) | 33.3 | 17.0 | 34 |
| Niacin (mg)  | 12.3 | 6.3 | 39 |
| Pantothenic acid (mg) | 4.31 | 2.2 | 37 |
| Selenium (µg) | 49.0 | 25.0 | 45 |
| Vitamin A (µg)  | 578.0 | 294.8 | 37 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 37 |
| Vitamin B12 (µg)  | 2.1 | 1.1 | 43 |
| Vitamin B2 (mg) | 1.4 | 0.7 | 50 |
| Vitamin B6 (mg)  | 1.2 | 0.6 | 44 |
| Vitamin C (mg)  | 58.0 | 29.6 | 37 |
| Vitamin D (µg)  | 4.3 | 2.2 | 44 |
| Vitamin E (mg)  | 8.1 | 4.1 | 34 |
| Vitamin K(µg)  | 50.0 | 25.5 | 34 |
| Zinc (mg) | 8.0 | 4.1 | 41 |

**Christmas Pudding flavour shake – LIMITED EDITION**

Ingredients: **Skimmed Milk Powder (43%) (Milk)**, Maltodextrin, **Soya Protein** **(Soya)**, **Whey Protein (Milk)** , Inulin, **Soya Oil (Soya)**, Tri Potassium Citrate, **Vegetable Fat** **(Palm, Soya)**, **Milk Protein** **(Milk)**, Flavourings, Stabiliser: Carboxyl methyl Cellulose, Dried Glucose, Di potassium Phosphate, Calcium Chloride, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Spices,Soya Lecithin, Sweetener: Sucralose; Antioxidants: E304, E307**.**

Allergens:

Contains: Milk, Soya

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1692  | 863 |  |
| Energy kcal | 405 | 206 |  |
| Fat (g) | 9.8 | 5.0 |  |
| (of which saturates) (g) | 3.7 | 1.9 |  |
| Carbohydrate (g) | 44.6 | 22.8 |  |
| (of which sugars) (g) | 26.3 | 13.4 |  |
| Fibre (g) | 6.8 | 3.5 |  |
| Protein | 31.0 | 15.8 |  |
| Linoleic acid (g) | 3.02 | 1.54 |  |
| Alpha Linolenic acid (g) | 0.31 | 0.16 |  |
| Salt (g) | 1.4 | 0.7 |  |
| Potassium (mg) | 2186 | 1114.9 | 57 |
| Calcium (mg) | 660 | 336.6 | 42 |
| Magnesium (mg) | 275 | 140.25 | 37 |
| Phosphorus (mg) | 574 | 292.7 | 42 |
| Chloride (mg) | 685 | 349.35 | 44 |
| Biotin (µg)  | 36.1 | 18.4 | 37 |
| Chromium (µg) | 26.8 | 13.7 | 34 |
| Copper (mg) | 0.78 | 0.40 | 40 |
| Fluoride (mg) | 2.34 | 1.19 | 34 |
| Folic acid (µg)  | 171 | 87.21 | 44 |
| Iodine (µg) | 120 | 61.20 | 41 |
| Iron (mg) | 11.78 | 6.01 | 43 |
| Manganese (mg) | 1.54 | 0.79 | 39 |
| Molybdenum (µg) | 33.34 | 17 | 34 |
| Niacin (mg)  | 12.4 | 6.32 | 40 |
| Pantothenic acid (mg) | 4.53 | 2.31 | 39 |
| Selenium (µg) | 49 | 24.99 | 45 |
| Vitamin A (µg)  | 6.01 | 306.51 | 38 |
| Vitamin B1 (mg) | 0.81 | 0.41 | 38 |
| Vitamin B12 (µg)  | 2.2 | 1.12 | 45 |
| Vitamin B2 (mg) | 1.46 | 0.74 | 53 |
| Vitamin B6 (mg)  | 1.24 | 0.63 | 45 |
| Vitamin C (mg)  | 59 | 30.09 | 38 |
| Vitamin D (µg)  | 4.34 | 2.21 | 44 |
| Vitamin E (mg)  | 8.11 | 4.14 | 34 |
| Vitamin K(µg)  | 50 | 25.50 | 34 |
| Zinc (mg) | 7.6 | 3.88 | 39 |

**Forest Fruits**

Ingredients: **Skimmed Milk Powder (43%) (Milk)**, **Soya Protein** **(Soya)**, **Whey Protein (Milk)**, Maize Dextrin, Sunflower Oil, Maltodextrin, Mineral Premix (Potassium Citrate, Potassium Chloride, Calcium citrate, Magnesium Oxide, Potassium Phosphate, Maltodextrin), **Vegetable Fat (Palm Soya),** Dried Glucose Syrup, Stabiliser (Carageenan, Xanthan Gum), Flavouring, Acidity Regulator (Malic Acid), **Lactose (Milk),** Colour (Beetroot powder), Salt, Fructo-Oligo-Sacharide, Vitamin and Mineral Premix ( Ascorbic Acid, Ferric Disphosphate, Zinc Gluconate, Maltodextrin, Vitamin E Acetate, Niacin, Copper Gluconate, Vitamin A Acetate, Sodium Fluride, Manganese Sulphate, Calcium Pantothenate, Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Vitamin B6, Vitamin K1, Thiamine, Riboflavin, Sodium Molybdate), Anti-Caking Agent (Silicon Dioxide), Sweetener (Sucralose).

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Egg, Gluten, Sulphites

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 53g serving | % RDA Per serving |
| Energy kJ | 1550 | 377 |  |
| Energy kcal | 822 | 200 |  |
| Fat (g) | 10.3 | 5.5 |  |
| (of which saturates) (g) | 3.3 | 1.8 |  |
| Carbohydrates (g) | 33.5 | 17.7 |  |
| (of which sugars) (g) | 31.4 | 16.6 |  |
| Fibre (g) | 8.1 | 4.3 |  |
| Protein (g) | 33.5 | 17.7 |  |
| Linoleic acid (g) | 3.77 | 2.0 |  |
| Alpha Linolenic acid (g) | 0.02 | 0.01 |  |
| Salt (g) | 1.5 | 0.8 |  |
| Potassium (mg) | 2261 | 1198 | 60 |
| Calcium (mg) | 666 | 353 | 44 |
| Magnesium (mg) | 273 | 144 | 38 |
| Phosphorus (mg) | 532 |  |  |
| Chloride (mg) | 1022 | 542 | 68 |
| Biotin (µg)  | 37.9 | 20.1 | 40 |
| Chromium (µg) | 28.5 | 15.1 | 48 |
| Copper (mg) | 0.6 | 0.4 | 35 |
| Fluoride (mg) | 2.5 | 1.3 | 37 |
| Folic acid (µg)  | 142.9 | 75.7 | 38 |
| Iodine (µg) | 124.5 | 66.0 | 44 |
| Iron (mg) | 11.4 | 6.0 | 43 |
| Manganese (mg) | 1.4 | 0.8 | 38 |
| Molybdenum (µg) | 35.5 | 18.8 | 38 |
| Niacin (mg)  | 13.2 | 7.0 | 44 |
| Pantothenic acid (mg) | 4.7 | 2.5 | 42 |
| Selenium (µg) | 43.6 | 23.1 | 42 |
| Vitamin A (µg)  | 522.0 | 276.9 | 35 |
| Vitamin B1 (mg) | 0.8 | 0.5 | 41 |
| Vitamin B12 (µg)  | 3.1 | 1.6 | 64 |
| Vitamin B2 (mg) | 1.5 | 0.8 | 57 |
| Vitamin B6 (mg)  | 1.3 | 0.7 | 50 |
| Vitamin C (mg)  | 62.9 | 33.3 | 42 |
| Vitamin D (µg)  | 4.4 | 2.3 | 46 |
| Vitamin E (mg)  | 8.6 | 4.5 | 38 |
| Vitamin K(µg)  | 53.3 | 28.2 | 38 |
| Zinc (mg) | 8.4 | 4.4 | 44 |

**Mango & Passion Fruit**

Ingredients: **Skimmed Milk Powder (43%) (Milk)**, **Soya Protein** **(Soya)**, **Whey Protein (Milk)**, Maize Dextrin, Sunflower Oil (vegetable), Maltodextrin, Mineral Premix (Potassium Citrate, Potassium Chloride, Calcium Citrate, Magnesium Oxide, Potassium Phosphate, Maltodextrin), **Vegetable fat (Palm Soya)**, Dried glucose syrup, Stabiliser (Carageenan, Xanthan Gum), Acidity regulator (Malic Acid,) flavouring, **Lactose (Milk),** Colour (Curcumin, paprika), ( Fructo-Oligo-Sacharide, Vitamin and Mineral Premix ( Ascorbic Acid, Ferric Disphosphate, Zinc Gluconate, Maltodextrin, Vitamin E Acetate, Niacin, Copper Gluconate, Vitamin A Acetate, Sodium Fluride, Manganese Sulphate, Calcium Pantothenate, Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Vitamin B6, Vitamin K1, Thiamine, Riboflavin, Sodium Molybdate), salt, Anti-Caking Agent (Silicon Dioxide), Sweetener (Sucralose).

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Egg, Gluten, Sulphites

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 53g serving | % RDA Per serving |
| Energy kJ | 1547 | 820 |  |
| Energy kcal | 379 | 201 |  |
| Fat (g) | 10.6 | 506 |  |
| (of which saturates) (g) | 3.4 | 1.8 |  |
| Carbohydrate (g)  | 32.9 | 17.4 |  |
| (of which sugars) (g) | 30.3 | 16.0 |  |
| Fibre (g) | 8.1 | 4.3 |  |
| Protein (g)  | 33.9 | 17.9 |  |
| Salt (g) | 1.5 | 0.8 |  |
| Linoleic acid (g) | 3.78 | 2.0 |  |
| Alpha Linolenic acid (g) | 0.02 | 0.01 |  |
| Potassium (mg) | 2261 | 1198 | 60 |
| Calcium (mg) | 666 | 353 | 44 |
| Magnesium (mg) | 273 | 144 | 39 |
| Phosphorus (mg) | 444 | 236 | 34 |
| Chloride (mg) | 1023 | 542 | 68 |
| Biotin (µg)  | 37.9 | 20.1 | 40 |
| Chromium (µg) | 28.5 | 15.1 | 38 |
| Copper (mg) | 0.6 | 0.4 | 35 |
| Fluoride (mg) | 2.5 | 1.3 | 37 |
| Folic acid (µg)  | 142.9 | 75.7 | 38 |
| Iodine (µg) | 124.5 | 66.0 | 44 |
| Iron (mg) | 11.4 | 6.0 | 43 |
| Manganese (mg) | 1.4 | 0.8 | 3 |
| Molybdenum (µg) | 35.5 | 18.8 | 38 |
| Niacin (mg)  | 13.2 | 7.0 | 44 |
| Pantothenic acid (mg) | 4.7 | 2.5 | 42 |
| Selenium (µg) | 43.6 | 23.1 | 42 |
| Vitamin A (µg)  | 522.0 | 276.9 | 35 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 36 |
| Vitamin B12 (µg)  | 3.01 | 1.6 | 64 |
| Vitamin B2 (mg) | 1.5 | 0.8 | 57 |
| Vitamin B6 (mg)  | 1.3 | 0.7 | 49 |
| Vitamin C (mg)  | 62.9 | 33.3 | 42 |
| Vitamin D (µg)  | 4.4 | 2.3 | 46 |
| Vitamin E (mg)  | 8.6 | 4.5 | 38 |
| Vitamin K(µg)  | 53.3 | 28.2 | 38 |
| Zinc (mg) | 8.4 | 4.4 | 44 |

**Strawberry**

Ingredients: **Skimmed Milk Powder (40%) (Milk),** Maltodextrin, **Vegetable Fat** **(Palm, Soya)**, **Soya Protein (Soya),** **Whey Protein (Milk),** Inulin, **Soya Oil (Soya),** Tri Potassium Citrate, **Milk Protein (Milk),** Flavouring, Dried Glucose, Stabiliser: Carboxyl Methyl Cellulose, Colour: Beetroot Powder, Di Potassium Phosphate, Calcium Chloride, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-Pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), **Soya Lecithin (Soya),** Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1655 | 844 |  |
| Energy kcal | 393 | 201 |  |
| Fat (g) | 12.6 | 6.4 |  |
| (of which saturates) (g) | 5.6 | 2.8 |  |
| Carbohydrates (g) | 39.4 | 20.1 |  |
| (of which sugars) (g) | 28.6 | 14.6 |  |
| Fibre (g) | 6.8 | 3.5 |  |
| Protein (g) | 27.5 | 14.0 |  |
| Linoleic acid (g) | 3.499 | 1.784 |  |
| Alpha Linolenic acid (g) | 0.349 | 0.178 |  |
| Salt (g) | 1.3675 | 0.6975 |  |
| Potassium (mg) | 2186 | 1114.9 | 56 |
| Calcium (mg) | 660 | 336.6 | 42 |
| Magnesium (mg) | 275 | 140.3 | 37 |
| Phosphorus (mg) | 574 | 292.7 | 42 |
| Chloride (mg) | 685 | 349.4 | 44 |
| Biotin (µg) | 36.1 | 18.4 | 37 |
| Chromium (µg) | 26.8 | 13.7 | 34 |
| Copper (mg) | 0.8 | 0.4 | 40 |
| Fluoride (mg) | 2.3 | 1.2 | 34 |
| Folic acid (µg) | 171.0 | 87.2 | 44 |
| Iodine (µg) | 120.0 | 61.2 | 41 |
| Iron (mg) | 11.8 | 6.0 | 43 |
| Manganese (mg) | 1.5 | 0.8 | 39 |
| Molybdenum (µg) | 33.3 | 17.0 | 34 |
| Niacin (mg) | 12.4 | 6.3 | 40 |
| Pantothenic acid (mg) | 4.53 | 2.3 | 39 |
| Selenium (µg) | 49.0 | 25.0 | 45 |
| Vitamin A (µg) | 61.0 | 306.5 | 38 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg) | 2.2 | 1.1 | 45 |
| Vitamin B2 (mg) | 1.5 | 0.7 | 53 |
| Vitamin B6 (mg) | 1.2 | 0.6 | 45 |
| Vitamin C (mg) | 59.0 | 30.1 | 38 |
| Vitamin D (µg) | 4.3 | 2.2 | 44 |
| Vitamin E (mg) | 8.1 | 4.1 | 34 |
| Vitamin K1 (µg) | 50.0 | 25.5 | 34 |
| Zinc (mg) | 7.6 | 3.9 | 39 |

**Strawberry Shake and Go**

Ingredients: **Skimmed Milk Powder (42%) (Milk)**, Maltodextrin, **Soya Protein** **(Soya)**, **Whey Protein (Milk)**, Inulin, **Soya Oil (Soya)**, Tri Potassium Citrate, **Vegetable Fat (Palm Soya)**, Flavouring, Milk Protein, Stabiliser: Carboxyl methyl Cellulose, Dried Glucose, Colour: Beetroot Powder, Di potassium phosphate, Calcium Chloride, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Soya Lecithin, Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – add 200mls of cold water. Replace the cap, screwing firmly. Shake!**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1686 | 860 |  |
| Energy kcal | 403 | 206 |  |
| Fat (g) | 9.8 | 5.0 |  |
| (of which saturates) (g) | 3.7 | 1.9 |  |
| Carbohydrates (g) | 37.0 | 18.9 |  |
| (of which sugars) (g) | 27.2 | 13.8 |  |
| Fibre (g) | 6.8 | 3.4 |  |
| Protein (g) | 31.6 | 16.1 |  |
| Linoleic acid (g) | 3.02 | 1.54 |  |
| Alpha Linolenic acid (g) | 0.31 | 0.16 |  |
| Salt (g) | 1.37 | 0.7 |  |
| Potassium (mg) | 2186 | 1114 | 56 |
| Calcium (mg) | 660 | 337 | 42 |
| Magnesium (mg) | 275 | 140 | 37 |
| Phosphorus (mg) | 574 | 293 | 42 |
| Chloride (mg) | 685 | 349 | 44 |
| Biotin (µg) | 36.1 | 18.4 | 37 |
| Chromium (µg) | 26.8 | 13.7 | 34 |
| Copper (mg) | 0.8 | 0.4 | 40 |
| Fluoride (mg) | 2.3 | 1.2 | 34 |
| Folic acid (µg) | 171.0 | 87.2 | 44 |
| Iodine (µg) | 120.0 | 61.2 | 41 |
| Iron (mg) | 11.8 | 6.0 | 43 |
| Manganese (mg) | 1.5 | 0.8 | 39 |
| Molybdenum (µg) | 33.3 | 17.0 | 34 |
| Niacin (mg) | 12.4 | 6.3 | 40 |
| Pantothenic acid (mg) | 4.5 | 2.3 | 39 |
| Selenium (µg) | 49.0 | 25.0 | 45 |
| Vitamin A (µg) | 601.0 | 306.5 | 38 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg) | 2.2 | 1.1 | 45 |
| Vitamin B2 (mg) | 1.5 | 0.7 | 53 |
| Vitamin B6 (mg) | 1.2 | 0.6 | 45 |
| Vitamin C (mg) | 59.0 | 30.1 | 38 |
| Vitamin D (µg) | 4.3 | 2.2 | 44 |
| Vitamin E (mg) | 8.1 | 4.1 | 34 |
| Vitamin K1 (µg) | 50.0 | 25.5 | 34 |
| Zinc (mg) | 7.6 | 3.9 | 39 |

**Toffee Caramel**

Ingredients: **Skimmed Milk Powder (46%)** **(Milk)**, Maltodextrin, **Soya Protein, (Soya) Whey Protein (Milk)**, Inulin, **Soya Oil** **(Soya)**, Tri Potassium Citrate, **Vegetable Fat** **(Palm, Soya)**, **Milk Protein** (**Milk)**, Flavourings, Stabiliser: Carboxyl methyl Cellulose, Dried Glucose, Colour: Caramel Powder, Di potassium phosphate, Calcium Chloride, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), **Soya Lecithin** **(Soya),** Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens

Contains: Milk, Soya

Produced in a factory that handles: Celery, egg, gluten, milk, mustard and sulphite products.

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1692  | 863 |  |
| Energy kcal | 404 | 206 |  |
| Fat (g) | 9.8 | 5.0 |  |
| (of which saturates) (g) | 3.7 | 1.9 |  |
| Carbohydrate (g) | 37.0 | 18.9 |  |
| (of which sugars) (g) | 27.7 | 14.1 |  |
| Fibre (g) | 6.8 | 3.4 |  |
| Protein (g) | 31.9 | 16.3 |  |
| Linoleic acid (g) | 3.02 | 1.54 |  |
| Alpha Linolenic acid (g) | 0.31 | 0.16 |  |
| Salt (g) | 1.36 | 0.7 |  |
| Potassium (mg) | 2186 | 1115 | 56 |
| Calcium (mg) | 660 | 337 | 42 |
| Magnesium (mg) | 275 | 140 | 37 |
| Phosphorus (mg) | 574 | 293 | 42 |
| Chloride (mg) | 685 | 349 | 44 |
| Biotin (µg)  | 36.1 | 18.4 | 37 |
| Chromium (µg) | 26.8 | 13.7 | 34 |
| Copper (mg) | 0.8 | 0.4 | 40 |
| Fluoride (mg) | 2.3 | 1.2 | 34 |
| Folic acid (µg)  | 171.0 | 87.2 | 44 |
| Iodine (µg) | 120.0 | 61.2 | 41 |
| Iron (mg) | 11.8 | 6.0 | 43 |
| Manganese (mg) | 1.5 | 0.8 | 39 |
| Molybdenum (µg) | 33.3 | 17.0 | 34 |
| Niacin (mg)  | 12.4 | 6.3 | 40 |
| Pantothenic acid (mg) | 4.5 | 2.3 | 37 |
| Selenium (µg) | 49.0 | 25.0 | 45 |
| Vitamin A (µg)  | 601.0 | 306.5 | 38 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg)  | 2.2 | 1.1 | 45 |
| Vitamin B2 (mg) | 1.5 | 0.7 | 53 |
| Vitamin B6 (mg)  | 1.2 | 0.6 | 45 |
| Vitamin C (mg)  | 59.0 | 30.1 | 38 |
| Vitamin D (µg)  | 4.3 | 2.2 | 44 |
| Vitamin E (mg)  | 8.1 | 4.1 | 34 |
| Vitamin K (µg)  | 50.0 | 25.5 | 34 |
| Zinc (mg) | 7.6 | 3.9 | 39 |

**Vanilla**

Ingredients: **Skimmed Milk Powder (40%) (Milk),** Maltodextrin, **Soya Protein (Soya),** **Whey Protein (Milk),** Vegetable Oils(Sunflower Oil and Non-Hydrogenated Palm Oil), Inulin, **Soya Oil (Soya),** Tri Potassium Citrate, **Milk Protein (Milk),** Dried Glucose, Stabiliser: Carboxyl methyl Cellulose, Di potassium phosphate, Calcium Chloride, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), **Soya Lecithin (Soya),** Flavouring, Sweetener: Sucralose; Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1671 | 852 |  |
| Energy kcal | 398 | 203 |  |
| Fat (g) | 13 | 6.6 |  |
| (of which saturates) (g) | 5.8 | 3.0 |  |
| Carbohydrate (g) | 46.0 | 23.5 |  |
| (of which sugars) (g) | 28.9 | 14.7 |  |
| Fibre (g) | 6.8 | 3.5 |  |
| Protein (g) | 27.6 | 14.1 |  |
| Linoleic acid (g) | 3.524 | 1.797 |  |
| Alpha Linolenic acid (g) | 0.349 | 0.178 |  |
| Salt (g) | 1.3 | 0.68 |  |
| Potassium (mg) | 2189 | 1116.4 | 56 |
| Calcium (mg) | 663 | 338 | 42 |
| Magnesium (mg) | 275 | 140.3 | 37 |
| Phosphorus (mg) | 567 | 293.8 | 42 |
| Chloride (mg) | 687 | 350.4 | 44 |
| Biotin (µg) | 36.1 | 18.4 | 37 |
| Chromium (µg) | 26.8 | 13.7 | 34 |
| Copper (mg) | 0.78 | 0.4 | 40 |
| Fluoride (mg) | 2.3 | 1.2 | 34 |
| Folic acid (µg) | 171 | 87.2 | 44 |
| Iodine (µg) | 121 | 61.7 | 41 |
| Iron (mg) | 11.8 | 6.0 | 43 |
| Manganese (mg) | 1.54 | 0.8 | 39 |
| Molybdenum (µg) | 33.3 | 17.0 | 34 |
| Niacin (mg) | 12.4 | 6.3 | 40 |
| Pantothenic acid (mg) | 4.5 | 2.3 | 39 |
| Selenium (µg) | 49.0 | 25 | 45 |
| Vitamin A (µg) | 602 | 307 | 38 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg) | 2.3 | 1.2 | 47 |
| Vitamin B2 (mg) | 1.5 | 0.8 | 54 |
| Vitamin B6 (mg) | 1.2 | 0.6 | 45 |
| Vitamin C (mg) | 59 | 30.1 | 38 |
| Vitamin D (µg) | 4.3 | 2.2 | 44 |
| Vitamin E (mg) | 8.1 | 4.1 | 34 |
| Vitamin K1 (µg) | 50.0 | 25.5 | 34 |
| Zinc (mg) | 7.9 | 4.0 | 40 |

**White chocolate and raspberry flavour shake**

Ingredients: **Skimmed milk powder (milk), soya protein (Soya), Milk protein (Milk),** sunflower oil, dried glucose syrup, maize dextrin, Mineral Premix (Potassium Citrate, Potassium Chloride, Calcium Citrate, Magnesium Oxide, Potassium Phosphate, and Maltodextrin,) **Vegetable fat (from palm),** flavouring, Stabiliser (Carrageenan, Xanthan Gum,) Acidity regulator (Citric acid,) **lactose (milk,)** Fructo-Oligo-Saccharide, Vitamin and mineral premix (Ascorbic Acid, Ferric Diphosphate, Zinc Gluconate, Maltodextrin, Vitamin E Acetate, Niacin, Copper Gluconate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium Pantothenate, Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Vitamin B6, Vitamin K1, Thiamine, Riboflavin, Sodium Molybdate,) Anti-caking agent (Silicon Dioxide,), natural flavouring, salt, sweetener (Sucralose)

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 1635 | 834 |  |
| Energy kcal | 395 | 201.5 |  |
| Fat (g) | 12.5 | 6.4 |  |
| (of which saturates) (g) | 3.0 | 1.5 |  |
| Carbohydrate (g) | 34.0 | 17.3 |  |
| (of which sugars) (g) | 31.6 | 16.1 |  |
| Fibre (g) | 7.0 | 3.5 |  |
| Protein (g) | 33 | 16.7 |  |
| Linoleic acid (g) | 5.9 | 3.0 |  |
| Alpha Linolenic acid (g) | 0.028 | 0.014 |  |
| Salt (g) | 480.7 | 245.1 |  |
| Potassium (mg) | 2235.8 | 1140.2 | 57 |
| Calcium (mg) | 648.4 | 330.6 | 41 |
| Magnesium (mg) | 271.4 | 138.4 | 37 |
| Phosphorus (mg) | 525.6 | 268.0 | 38 |
| Chloride (mg) | 1012.7 | 516.5 | 65 |
| Biotin (µg) | 38.6 | 19.7 | 39 |
| Chromium (µg) | 29.4 | 15.0 | 36 |
| Copper (mg) | 0.6 | 0.34 | 34 |
| Fluoride (mg) | 2.5 | 1.3 | 37 |
| Folic acid (µg) | 147.4 | 75.1 | 38 |
| Iodine (µg) | 124.9 | 63.7 | 42 |
| Iron (mg) | 11.8 | 6.0 | 43 |
| Manganese (mg) | 1.4 | 0.7 | 35 |
| Molybdenum (µg) | 36.6 | 18.7 | 37 |
| Niacin (mg) | 13.6 | 6.9 | 43 |
| Pantothenic acid (mg) | 4.8 | 2.4 | 40 |
| Selenium (µg) | 44.6 | 22.7 | 41 |
| Vitamin A (µg) | 534.7 | 272.7 | 34 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 36 |
| Vitamin B12 (µg) | 3.0 | 1.5 | 60 |
| Vitamin B2 (mg) | 1.5 | 0.8 | 57 |
| Vitamin B6 (mg) | 1.3 | 0.68 | 49 |
| Vitamin C (mg) | 64.5 | 32.9 | 41 |
| Vitamin D (µg) | 4.4 | 2.2 | 44 |
| Vitamin E (mg) | 8.9 | 4.5 | 36 |
| Vitamin K1 (µg) | 55.0 | 28.0 | 37 |
| Zinc (mg) | 8.6 | 4.4 | 44 |

**Chocolate cherry flavour shake**

Ingredients: **Skimmed milk powder (milk), soya protein (Soya), Milk protein (Milk),** sunflower oil, dried glucose syrup, fat reduced cocoa powder(5.5%), maize dextrin, Mineral Premix (Potassium Citrate, Potassium Chloride, Calcium Citrate, Magnesium Oxide, Potassium Phosphate, and Maltodextrin,) **Vegetable fat (from palm),** naturalflavouring, Stabiliser (Carrageenan, Xanthan Gum,) **lactose (milk,)** Colour (Caramel,) Flavouring,Fructo-Oligo-Saccharide, Vitamin and mineral premix (Ascorbic Acid, Ferric Diphosphate, Zinc Gluconate, Maltodextrin, Vitamin E Acetate, Niacin, Copper Gluconate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium Pantothenate, Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Vitamin B6, Vitamin K1, Thiamine, Riboflavin, Sodium Molybdate,) Anti-caking agent (Silicon Dioxide,)sweetener (Sucralose)

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**To use – Add the content of sachets to 200mls of cool water. Mix with a whisk or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 51g serving | % RDA Per serving |
| Energy kJ | 396 | 202 |  |
| Energy kcal | 1639 | 836.2 |  |
| Fat (g) | 12.9 | 6.6 |  |
| (of which saturates) (g) | 3.4 | 1.7 |  |
| Carbohydrate (g) | 33.1 | 16.8 |  |
| (of which sugars) (g) | 29.9 | 15.2 |  |
| Fibre (g) | 7.5 | 3.8 |  |
| Protein (g) | 32.9 | 16.8 |  |
| Linoleic acid (g) | 5.8 | 2.9 |  |
| Alpha Linolenic acid (g) | 0.028 | 0.014 |  |
| Salt (g) | 392.0 | 199.9 |  |
| Potassium (mg) | 2436.2 | 1242.4 | 62 |
| Calcium (mg) | 614.7 | 313.5 | 39 |
| Magnesium (mg) | 267.9 | 136.6 | 36 |
| Phosphorus (mg) | 492.8 | 251.3 | 36 |
| Chloride (mg) | 985.0 | 502.3 | 63 |
| Biotin (µg) | 38.0 | 19.4 | 39 |
| Chromium (µg) | 29.4 | 15.0 | 36 |
| Copper (mg) | 0.6 | 0.34 | 34 |
| Fluoride (mg) | 2.5 | 1.3 | 37 |
| Folic acid (µg) | 147.4 | 75.1 | 38 |
| Iodine (µg) | 120.1 | 61.2 | 41 |
| Iron (mg) | 11.8 | 6.0 | 43 |
| Manganese (mg) | 1.4 | 0.7 | 35 |
| Molybdenum (µg) | 36.6 | 18.7 | 37 |
| Niacin (mg) | 13.5 | 6.9 | 43 |
| Pantothenic acid (mg) | 4.7 | 2.3 | 40 |
| Selenium (µg) | 44.3 | 22.6 | 41 |
| Vitamin A (µg) | 535.5 | 273.0 | 34 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 36 |
| Vitamin B12 (µg) | 2.9 | 1.5 | 60 |
| Vitamin B2 (mg) | 1.5 | 0.77 | 57 |
| Vitamin B6 (mg) | 1.3 | 0.6 | 43 |
| Vitamin C (mg) | 64.1 | 32.7 | 41 |
| Vitamin D (µg) | 4.4 | 2.2 | 44 |
| Vitamin E (mg) | 8.9 | 4.5 | 36 |
| Vitamin K1 (µg) | 55.0 | 28.0 | 37 |
| Zinc (mg) | 8.5 | 4.3 | 43 |

**Soups**

**Mushroom**

Ingredients: **Skimmed Milk Powder (30%) (Milk**), **Soya Protein (Soya),** Maltodextrin, **Whey Protein (Milk),** **Vegetable Fat** **(Palm, Soya)**, Inulin, Modified Potato starch, **Soya Oil (Soya),** Tri Potassium Citrate, **Milk Protein (Milk),** **Hydrolysed Vegetable Protein (Gluten),** Flavourings, Stabiliser: Carboxyl methyl Cellulose, Dried mushrooms (1.4%), Yeast Extract, Dried Glucose, Calcium Chloride, Di potassium phosphate, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Potassium chloride, **Soya Lecithin (Soya**), Spice, Colour: Caramelised Sugar, Antioxidants: E304, E307**.**

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Egg, Celery, Mustard, Sulphites,

**To use – Mix with 200-250ml of hot water preferably with water or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 52g serving | % RDA Per serving |
| Energy kJ | 1629 | 847 |  |
| Energy kcal | 388 | 202 |  |
| Fat (g) | 12.5 | 6.5 |  |
| (of which saturates) (g) | 5.5 | 2.9 |  |
| Carbohydrate (g) | 38.7 | 20.1 |  |
| (of which sugars) (g) | 23.3 | 12.1 |  |
| Fibre (g) | 6.8 | 3.5 |  |
| Protein (g) | 26.8 | 13.9 |  |
| Linoleic acid (g) | 3.45 | 1.80 |  |
| Alpha Linolenic acid (g) | 0.34 | 0.18 |  |
| Salt (g) | 2.34 | 1.22 |  |
| Potassium (mg) | 2035 | 1058 | 53 |
| Calcium (mg) | 532 | 276.6 | 35 |
| Magnesium (mg)257 | 257 | 133.6 | 36 |
| Phosphorus (mg) | 470 | 244.4 | 35 |
| Chloride (mg) | 705 | 366.6 | 46 |
| Biotin (µg) | 34 | 17.7 | 35 |
| Chromium (µg) | 26.8 | 13.9 | 35 |
| Copper (mg) | 0.8 | 0.4 | 43 |
| Fluoride (mg) | 2.3 | 1.2 | 35 |
| Folic acid (µg) | 169.0 | 87.9 | 44 |
| Iodine (µg) | 105.0 | 54.6 | 36 |
| Iron (mg) | 12.0 | 6.2 | 44 |
| Manganese (mg) | 1.5 | 0.8 | 40 |
| Molybdenum (µg) | 33.3 | 17.3 | 35 |
| Niacin (mg) | 12.3 | 6.4 | 40 |
| Pantothenic acid (mg) | 4.2 | 2.2 | 36 |
| Selenium (µg) | 57.0 | 29.6 | 54 |
| Vitamin A (µg) | 566 | 294.3 | 37 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 36 |
| Vitamin B12 (µg) | 2.0 | 1.0 | 42 |
| Vitamin B2 (mg) | 1.3 | 0.7 | 48 |
| Vitamin B6 (mg) | 1.2 | 0.6 | 44 |
| Vitamin C (mg) | 58.0 | 30.2 | 38 |
| Vitamin D (µg) | 4.3 | 2.3 | 45 |
| Vitamin E (mg) | 8.1 | 4.2 | 35 |
| Vitamin K1 (µg) | 50.0 | 26.0 | 35 |
| Zinc (mg) | 7.6 | 4.0 | 40 |

**Mushroom (Improved)**

Ingredients: **Skimmed Milk Powder (30%) (Milk**), **Soya Protein (Soya),** Maltodextrin, **Whey Protein (Milk),** **Vegetable Fat** **(Palm, Soya)**, Inulin, Modified Potato starch, **Soya Oil (Soya),** Tri Potassium Citrate, **Milk Protein (Milk),** **Hydrolysed Vegetable Protein (Gluten),** Flavourings, Dried mushrooms (1.4%), Yeast Extract, Dried Glucose, Xanthan Gum, Calcium Chloride, Di potassium phosphate, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Potassium chloride, **Soya Lecithin (Soya**), Spice, Colour: Caramelised Sugar, Antioxidants: E304, E307**.**

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Egg, Celery, Mustard, Sulphites,

**To use – Mix with 200-250ml of hot water preferably with water or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 52g serving | % RDA Per serving |
| Energy kJ | 1638 | 203 |  |
| Energy kcal | 390 | 852 |  |
| Fat (g) | 12.5 | 6.5 |  |
| (of which saturates) (g) | 5.5 | 2.9 |  |
| Carbohydrate (g)  | 39.4 | 20.5 |  |
| (of which sugars) (g) | 23.3 | 12.1 |  |
| Fibre (g) | 6.3 | 3.3 |  |
| Protein (g)  | 26.8 | 13.9 |  |
| Salt (g) | 2.093 | 1.088 |  |
| Linoleic acid (g) | 3.454 | 1.796 |  |
| Alpha Linolenic acid (g) | 0.344 | 0.179 |  |
| Potassium (mg) | 2035 | 1058.20 | 53 |
| Calcium (mg) | 532 | 276.64 | 35 |
| Magnesium (mg) | 257 | 133.64 | 36 |
| Phosphorus (mg) | 470 | 244.40 | 35 |
| Chloride (mg) | 705 | 366.60 | 46 |
| Biotin (µg)  | 34.00 | 17.68 | 35 |
| Chromium (µg) | 26.80 | 13.94 | 35 |
| Copper (mg) | 0.82 | 0.43 | 43 |
| Fluoride (mg) | 2.34 | 1.22 | 35 |
| Folic acid (µg)  | 169.0 | 87.88 | 44 |
| Iodine (µg) | 105.0 | 54.60 | 37 |
| Iron (mg) | 11.88 | 6.18 | 44 |
| Manganese (mg) | 1.54 | 0.80 | 40 |
| Molybdenum (µg) | 33.34 | 17.34 | 35 |
| Niacin (mg)  | 12.30 | 6.40 | 40 |
| Pantothenic acid (mg) | 4.19 | 2.18 | 36 |
| Selenium (µg) | 57.0 | 29.64 | 54 |
| Vitamin A (µg)  | 566.0 | 294.32 | 37 |
| Vitamin B1 (mg) | 0.77 | 0.40 | 36 |
| Vitamin B12 (µg)  | 2.00 | 1.04 | 42 |
| Vitamin B2 (mg) | 1.30 | 0.68 | 48 |
| Vitamin B6 (mg)  | 1.18 | 0.61 | 44 |
| Vitamin C (mg)  | 58.0 | 30.16 | 38 |
| Vitamin D (µg)  | 3.94 | 2.05 | 41 |
| Vitamin E (mg)  | 8.08 | 4.20 | 35 |
| Vitamin K(µg)  | 50.0 | 26.00 | 35 |
| Zinc (mg) | 7.6 | 3.95 | 40 |

**Thai Chicken**

Ingredients: **Skimmed Milk Powder (36%) (Milk**), **Soya Protein (Soya),** **Whey Protein (Milk),** **Vegetable Fat** **(Palm, Soya)**, Inulin, Maltodextrin, **Soya Oil (Soya),** **Hydrolysed Vegetable Protein (Gluten),** Modified Potato starch, Potassium Citrate, Flavourings, Dried Glucose Syrup, Stabiliser: Carboxyl methyl Cellulose, Yeast Extract, Red Pepper, Onion Powder, Do potassium phosphate, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molydbate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium D-Pantothenate, D-Biotin, Chromium Cholride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Potassium Chloride, Spice Extract, Soya Lecithin, Calcium Chloride, Antioxidants: E304, E307; Ground Black Pepper, Colour: Beta Carotene.

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Egg, Mustard, Sulphites, and Celery

**To use – Mix with 200-250ml of hot water preferably with water or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 52g serving | % RDA Per serving |
| Energy kJ | 1621 | 843 |  |
| Energy kcal | 387 | 201 |  |
| Fat (g) | 12.7 | 6.6 |  |
| (of which saturates) (g) | 5.6 | 2.9 |  |
| Carbohydrate (g) | 36.0 | 18.7 |  |
| (of which sugars) (g) | 26.6 | 13.8 |  |
| Fibre (g) | 6.8 | 3.6 |  |
| Protein (g) | 28.4 | 14.8 |  |
| Linoleic acid (g) | 3.382 | 1.759 |  |
| Alpha Linolenic acid (g) | 0.337 | 0.175 |  |
| Salt (g) | 4.25 | 2.21 |  |
| Potassium (mg) | 2026 | 1054 | 53 |
| Calcium (mg) | 516 | 268 | 34 |
| Magnesium (mg)257 | 252 | 131 | 35 |
| Phosphorus (mg) | 512 | 266 | 38 |
| Chloride (mg) | 595 | 309 | 39 |
| Biotin (µg) | 35.4 | 18.4 | 37 |
| Chromium (µg) | 26.8 | 13.9 | 35 |
| Copper (mg) | 0.8 | 0.4 | 40 |
| Fluoride (mg) | 2.3 | 1.2 | 35 |
| Folic acid (µg) | 168 | 87 | 44 |
| Iodine (µg) | 115.0 | 59.8 | 40 |
| Iron (mg) | 11.8 | 6.1 | 44 |
| Manganese (mg) | 1.5 | 0.8 | 40 |
| Molybdenum (µg) | 33.3 | 17.3 | 35 |
| Niacin (mg) | 12.4 | 6.5 | 40 |
| Pantothenic acid (mg) | 4.4 | 2.3 | 38 |
| Selenium (µg) | 47.0 | 24.4 | 44 |
| Vitamin A (µg) | 589.0 | 306.3 | 38 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg) | 2.2 | 1.1 | 46 |
| Vitamin B2 (mg) | 1.4 | 0.7 | 52 |
| Vitamin B6 (mg) | 1.2 | 0.6 | 45 |
| Vitamin C (mg) | 59.0 | 30.7 | 38 |
| Vitamin D (µg) | 4.3 | 2.3 | 45 |
| Vitamin E (mg) | 8.1 | 4.2 | 35 |
| Vitamin K1 (µg) | 50.0 | 26.0 | 35 |
| Zinc (mg) | 7.8 | 4.1 | 41 |

**Tomato & Basil**

Ingredients: **Skimmed Milk Powder (25%) (Milk),** Tomato powder (15% ), **Soya Protein (Soya),** **Whey Protein (Milk),** **Vegetable Fat** **(Palm, Soya)**, Inulin, Modified Potato starch, **Soya Oil (Soya),** Tri Potassium Citrate, Flavourings, **Hydrolysed Vegetable Protein (Gluten**), Maltodextrin, **Milk Protein (Milk),** Stabiliser: Carboxyl methyl Cellulose, Colours: Beetroot powder, Beta Carotene; Dried Glucose, Yeast Extract, Calcium Chloride, Onion powder, Magnesium Oxide, Di potassium phosphate, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), Calcium Phosphate, Spice, Spice extract, **Soya Lecithin (Soya),** Potassium chloride, Basil (0.1%), Anti oxidants: E304, E307

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Celery, Egg, Mustard and Sulphites

**To use – Mix with 200-250ml of hot water preferably with water or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 53g serving | % RDA Per serving |
| Energy kJ | 1630 | 864 |  |
| Energy kcal | 388 | 206 |  |
| Fat (g) | 12.5 | 6.6 |  |
| (of which saturates) (g) | 5.7 | 3.0 |  |
| Carbohydrate (g) | 37.7 | 20 |  |
| (of which sugars) (g) | 25.9 | 13.7 |  |
| Fibre (g) | 7.9 | 4.2 |  |
| Protein (g) | 27.3 | 14.5 |  |
| Linoleic acid (g) | 3.179 | 1.68 |  |
| Alpha Linolenic acid (g) | 0.312 | 0.165 |  |
| Salt (g) | 2.76 | 1.46 |  |
| Potassium (mg) | 2017 | 1069 | 53 |
| Calcium (mg) | 546 | 289 | 36 |
| Magnesium (mg)257 | 238 | 126 | 34 |
| Phosphorus (mg) | 443 | 235 | 34 |
| Chloride (mg) | 620 | 329 | 41 |
| Biotin (µg) | 33.3 | 16.7 | 33 |
| Chromium (µg) | 26.7 | 13.3 | 33 |
| Copper (mg) | 0.7 | 0.4 | 37 |
| Fluoride (mg) | 2.3 | 1.2 | 33 |
| Folic acid (µg) | 133.3 | 66.7 | 33 |
| Iodine (µg) | 100.0 | 50.0 | 33 |
| Iron (mg) | 10.7 | 5.3 | 38 |
| Manganese (mg) | 1.3 | 0.7 | 33 |
| Molybdenum (µg) | 33.3 | 16.7 | 33 |
| Niacin (mg) | 12.0 | 6.0 | 38 |
| Pantothenic acid (mg) | 4.0 | 2.0 | 33 |
| Selenium (µg) | 36.7 | 18.3 | 33 |
| Vitamin A (µg) | 533.3 | 266.7 | 33 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 33 |
| Vitamin B12 (µg) | 1.7 | 0.8 | 33 |
| Vitamin B2 (mg) | 1.1 | 0.5 | 38 |
| Vitamin B6 (mg) | 1.0 | 0.5 | 38 |
| Vitamin C (mg) | 53.3 | 26.7 | 33 |
| Vitamin D (µg) | 3.3 | 1.7 | 33 |
| Vitamin E (mg) | 8.0 | 4.0 | 33 |
| Vitamin K1 (µg) | 50.0 | 25.0 | 33 |
| Zinc (mg) | 6.7 | 3.3 | 33 |

**Vegetable**

Ingredients: **Skimmed Milk Powder (35%) (Milk),** Dried Vegetables (9.7%) (Carrot, Onion, Leek, Peas), **Soya Protein (Soya),** **Whey Protein (Milk),** **Vegetable Fat** **(Palm, Soya)**, Modified Potato Starch, **Soya Oil (Soya),** Inulin, Potassium Citrate, **Hydrolysed Vegetable Protein (Gluten),** Yeast Extract, Maltodextrin, **Milk Protein (Milk),** Stabiliser: Carboxyl methyl Cellulose; Dried Glucose, Spice Extract, Calcium Chloride, Di potassium phosphate, Magnesium Oxide, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Zinc Gluconate, Vitamin E, Nicotinamide, Copper Gluconate, Sodium Molybdate, Vitamin A Acetate, Sodium Fluoride, Manganese Sulphate, Calcium d-pantothenate, D-Biotin, Chromium Chloride, Folic Acid, Vitamin D3, Potassium Iodide, Vitamin B12, Pyridoxine Hydrochloride, Vitamin K1, Thiamine Hydrochloride, Riboflavin), **Flavouring (Celery),** Dried Parsley, Potassium Chloride, **Soya Lecithin (Soya),** Spice, Anti oxidants: E304, E307

Allergens:

Contains: Milk, Soya, Gluten, Celery

Produced in a factory that handles: Egg, Mustard, Sulphites

**To use – Mix with 200-250ml of hot water preferably with water or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 52g serving | % RDA Per serving |
| Energy kJ | 1625 | 845 |  |
| Energy kcal | 387 | 201 |  |
| Fat (g) | 12.3 | 6.4 |  |
| (of which saturates) (g) | 5.5 | 2.9 |  |
| Carbohydrate (g) | 37.3 | 19.4 |  |
| (of which sugars) (g) | 25.0 | 13.0 |  |
| Fibre (g) | 6.7 | 3.5 |  |
| Protein (g)  | 28.3 | 14.7 |  |
| Linoleic acid (g) | 3.25 | 1.69 |  |
| Alpha Linolenic acid (g) | 0.320 | 0.167 |  |
| Salt (g) | 3.28 | 1.71 |  |
| Potassium (mg) | 2042 | 1062 | 53 |
| Calcium (mg) | 592 | 308 | 38 |
| Magnesium (mg)257 | 249 | 130 | 35 |
| Phosphorus (mg) | 472 | 245 | 35 |
| Chloride (mg) | 690 | 358 | 45 |
| Biotin (µg) | 35.0 | 18.2 | 36 |
| Chromium (µg) | 26.8 | 14.0 | 35 |
| Copper (mg) | 0.8 | 0.4 | 40 |
| Fluoride (mg) | 2.3 | 1.2 | 35 |
| Folic acid (µg) | 167.0 | 86.8 | 43 |
| Iodine (µg) | 112.0 | 58.2 | 39 |
| Iron (mg) | 11.7 | 6.1 | 43 |
| Manganese (mg) | 1.5 | 0.8 | 40 |
| Molybdenum (µg) | 33.3 | 17.3 | 35 |
| Niacin (mg) | 12.3 | 6.4 | 40 |
| Pantothenic acid (mg) | 4.4 | 2.6 | 38 |
| Selenium (µg) | 45.0 | 23.4 | 43 |
| Vitamin A (µg) | 582.0 | 302.6 | 38 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg) | 2.1 | 1.1 | 44 |
| Vitamin B2 (mg) | 1.4 | 0.7 | 51 |
| Vitamin B6 (mg) | 1.2 | 0.6 | 45 |
| Vitamin C (mg) | 59.0 | 30.7 | 38 |
| Vitamin D (µg) | 4.4 | 2.3 | 45 |
| Vitamin E (mg) | 8.1 | 4.2 | 35 |
| Vitamin K1 (µg) | 50.0 | 26.0 | 35 |
| Zinc (mg) | 7.6 | 4.0 | 40 |

**Ham & Mushroom Flavoured pasta Soup (coming soon)**

Ingredients: **Egg noodles (egg, gluten) (Durum flour, water, dried yolk, niacin, ferrous sulphate, thiamine mononitrates, riboflavin, folic acid); vegetable protein (soy); vegetable fat (milk,soy); skim milk powder (milk) ;** acidity regulators; potassium chloride, potassium citrate, magnesium oxide; oligofructose (chicory root extract); **flavours (milk, gluten, mustard);** maltodextrin; onion powder; dried mushroom; vitamin and mineral blend (dicalcium phosphate, ascorbic acid, ferric pyrophosphate, manganese sulphate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, vitamin A as acetate, folic acid, chromium chloride, potassium iodide, sodium selenite, phytonadione, biotin, cholecalciferol, cyanocobalamin, potassium citrate); stabilizers: magnesium phosphate, tricalcium phosphate; yeast extracts; **hydrolysed vegetable protein (gluten)**; salt; thickener: xanthan gum; **emulsifier: soy lecithin (soya),** spice; parsley; antioxidant: tocopherols; color: turmeric.

Allergens:

Contains: Milk, Soya, Gluten, Celery

Produced in a factory that handles: Egg, Mustard, Sulphites

**To use – Mix with 200-250ml of hot water preferably with water or blender.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 52g serving | % RDA Per serving |
| Energy kJ | 1586 |  |  |
| Energy kcal | 377 |  |  |
| Fat (g) | 11.2 |  |  |
| (of which saturates) (g) | 3.5 |  |  |
| Carbohydrate (g) | 34.2 |  |  |
| (of which sugars) (g) | 7.4 |  |  |
| Fibre (g) | 6.6 |  |  |
| Protein (g)  | 31.6 |  |  |
| Linoleic acid (g) | 2.83 |  |  |
| Alpha Linolenic acid (g) | 0.29 |  |  |
| Salt (g) | 1.01 |  |  |
| Potassium (mg) | 2000 | 1060 | 53.0 |
| Calcium (mg) | 540 | 286 | 35.5 |
| Magnesium (mg)257 | 258 | 258 | 36.5 |
| Phosphorus (mg) | 492 | 261 | 37.5 |
| Chloride (mg) | 1117.8 | 592.5 | 74 |
| Biotin (µg) | 42.0 | 22.3 | 44.5 |
| Chromium (µg) | 27.0 | 14.3 | 35.5 |
| Copper (mg) | 1.27 | 0.67 | 67.0 |
| Fluoride (mg) | 2.36 | 1.25 | 35.5 |
| Folic acid (µg) | 228 | 121 | 60.5 |
| Iodine (µg) | 108.4 | 57.4 | 38.5 |
| Iron (mg) | 14.39 | 7.63 | 54.5 |
| Manganese (mg) | 1.63 | 0.86 | 43.0 |
| Molybdenum (µg) | 64.8 | 34.4 | 68.5 |
| Niacin (mg) | 15.5 | 8.24 | 51.5 |
| Pantothenic acid (mg) | 4.8 | 2.6 | 42.5 |
| Selenium (µg) | 57.8 | 30.7 | 55.5 |
| Vitamin A (µg) | 581 | 308 | 38.5 |
| Vitamin B1 (mg) | 1.15 | 0.61 | 55.5 |
| Vitamin B12 (µg) | 2.08 | 1.10 | 44.0 |
| Vitamin B2 (mg) | 1.37 | 0.73 | 52.0 |
| Vitamin B6 (mg) | 1.42 | 0.75 | 53.5 |
| Vitamin C (mg) | 76.4 | 40.5 | 50.5 |
| Vitamin D (µg) | 4.36 | 2.31 | 46.0 |
| Vitamin E (mg) | 8.23 | 4.36 | 36.5 |
| Vitamin K1 (µg) | 57.1 | 30.3 | 40.5 |
| Zinc (mg) | 7.85 | 4.16 | 41.5 |

**Meals**

**Apple & Cinnamon Porridge**

Ingredients: **Oats (27%) (Gluten),** Skimmed **Milk Powder (25%) (Milk), Milk Protein, (Milk) Soya Protein, (Soya) Refined Soybean Oil (Soya), Oat Fibre (Gluten),** Tri Potassium Citrate, Palm Fat, Dried Glucose, Magnesium Citrate, Cinnamon (1%), Salt, Calcium Chloride, Flavourings, Vitamin & Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Zinc oxide, Vitamin A Acetate, Calcium d-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate Monohydrate, D-Biotin, Sodium Selenite, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin K1, ) Acidity regulator: Tri-Sodium Citrate, Caseinate, Pentasodium Triphosphate, Sweetener: Sucralose.

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Egg, Mustard, Sulphites, Celery

**To use – Add 200ml of cold water to the packet content in a bowl. Stir well to incorporate all the powder. Place in a microwave for 2 mins 20 secs, stopping to stir frequently. Leave to stand for 1 minute before serving. If a thicker consistency is preferred, leave to stand for up to 5 minutes**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 53g serving | % RDA Per serving |
| Energy kJ | 1587 | 841 |  |
| Energy kcal | 377 | 200 |  |
| Fat (g) | 11.5 | 6.1 |  |
| (of which saturates) (g) | 4.1 | 2.2 |  |
| Carbohydrate (g) | 32.6 | 17.3 |  |
| (of which sugars) (g) | 15.5 | 8.2 |  |
| Fibre (g) | 6.9 | 3.6 |  |
| Protein (g) | 32.4 | 17.2 |  |
| Linoleic acid (g) | 3.11 | 1.648 |  |
| Alpha Linolenic acid (g) | 0.268 | 0.142 |  |
| Salt (g) | 2.28 | 1.26 |  |
| Potassium (mg) | 2055 | 1089 | 54 |
| Calcium (mg) | 756 | 401 | 50 |
| Magnesium (mg) | 259 | 137 | 37 |
| Phosphorus (mg) | 533 | 283 | 40 |
| Chloride (mg) | 542 | 287 | 36 |
| Biotin (µg) | 36.7 | 19.5 | 39 |
| Chromium (µg) | 25.2 | 13.3 | 33 |
| Copper (mg) | 0.9 | 0.5 | 46 |
| Fluoride (mg) | 2.2 | 1.2 | 33 |
| Folic acid (µg) | 159.8 | 85.7 | 42 |
| Iodine (µg) | 134.0 | 71.0 | 47 |
| Iron (mg) | 12.0 | 6.3 | 45 |
| Manganese (mg) | 1.5 | 0.8 | 38 |
| Molybdenum (µg) | 31.5 | 16.7 | 33 |
| Niacin (mg) | 11.5 | 6.1 | 38 |
| Pantothenic acid (mg) | 3.8 | 2.0 | 34 |
| Selenium (µg) | 73.6 | 39.0 | 71 |
| Vitamin A (µg) | 595.7 | 315.7 | 39 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 38 |
| Vitamin B12 (µg) | 2.3 | 1.2 | 49 |
| Vitamin B2 (mg) | 1.4 | 0.8 | 55 |
| Vitamin B6 (mg) | 1.1 | 0.6 | 41 |
| Vitamin C (mg) | 54.1 | 28.7 | 36 |
| Vitamin D (µg) | 3.2 | 1.7 | 33 |
| Vitamin E (mg) | 7.6 | 4.0 | 33 |
| Vitamin K1 (µg) | 47.2 | 25.0 | 33 |
| Zinc (mg) | 8.7 | 4.6 | 46 |

**Curry**

Ingredients: Maltodextrin, **Textured Soya Concentrate (Soya), Soya Protein Isolate (Soya)**, Vegetable Oils (Sunflower Oil and Non-hydrogenated Palm Oil), Dehydrated vegetables (Tomato, Green pepper, Red Pepper, Onion), Spice Blend (Dextrose, Salt, Yeast Extract, Onion, Coriander, Garlic, Ginger, Green Pepper, Cassia, Cardamom, Black pepper, Chilli, Pimento, Lemon Powder, Fenugreek, Paprika, Natural Colour: Tumeric Extract), **Soya Oil (Soya)**, Tomato Powder, Flavouring, Yeast Extract, Chicory Root Extract, **Milk Protein (Milk)**, Calcium Chloride, Di Potassium Phosphate, Thickeners (Xantham Gum, Guar Gum), Herb (Coriander), Magnesium Oxide, Vitamin and Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate, D-Biotin, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin K1, Sodium Selenite), **Soya Lecithin (Soya)**, Colour (Caramel), Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Egg, Mustard, Sulphites, Celery, Gluten

**To use- Place the content of the pack in a bowl & add 180mls of cold water. Microwave on high for 1 minute 30 seconds. Stir & then microwave for a further 1 minute 30 seconds. Leave to stand for 2-3 minutes before consuming.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 54g serving | % RDA Per serving |
| Energy kJ | 1551 | 838 |  |
| Energy kcal | 371 | 200 |  |
| Fat (g) | 10.5 | 5.7 |  |
| (of which saturates) (g) | 4.0 | 2.2 |  |
| Carbohydrate (g) | 31.0 | 16.8 |  |
| (of which sugars) (g) | 2.5 | 1.3 |  |
| Fibre (g) | 6.4 | 3.5 |  |
| Protein (g) | 28.3 | 15.3 |  |
| Linoleic acid (g) | 2.92 | 1.58 |  |
| Alpha Linolenic acid (g) | 0.30 | 0.16 |  |
| Salt (mg) | 2.0 | 1.1 |  |
| Potassium (mg) | 1255 | 677 | 34 |
| Calcium (mg) | 503 | 272 | 34 |
| Magnesium (mg) | 240 | 130 | 35 |
| Phosphorus (mg) | 432 | 233 | 33 |
| Chloride (mg) | 493 | 267 | 33 |
| Biotin (µg) | 31.5 | 17.0 | 34 |
| Chromium (µg) | 25.2 | 13.6 | 34 |
| Copper (mg) | 0.6 | 0.3 | 34 |
| Fluoride (mg) | 2.2 | 1.2 | 34 |
| Folic acid (µg) | 125.8 | 67.9 | 34 |
| Iodine (µg) | 94.4 | 51.0 | 34 |
| Iron (mg) | 9.5 | 5.1 | 37 |
| Manganese (mg) | 1.3 | 0.7 | 34 |
| Molybdenum (µg) | 31.5 | 17.0 | 34 |
| Niacin (mg) | 11.3 | 6.1 | 38 |
| Pantothenic acid (mg) | 3.8 | 2.0 | 34 |
| Selenium (µg) | 34.1 | 18.4 | 33 |
| Vitamin A (µg) | 503.2 | 271.7 | 34 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 34 |
| Vitamin B12 (µg) | 1.6 | 0.9 | 34 |
| Vitamin B2 (mg) | 1.0 | 0.6 | 39 |
| Vitamin B6 (mg) | 0.9 | 0.5 | 36 |
| Vitamin C (mg) | 50.3 | 27.2 | 34 |
| Vitamin D (µg) | 3.2 | 1.7 | 34 |
| Vitamin E (mg) | 7.6 | 4.1 | 34 |
| Vitamin K1 (µg) | 47.2 | 25.5 | 34 |
| Zinc (mg) | 6.3 | 3.4 | 34 |

**Mushroom Risotto**

Ingredients: Vegetable proteins; pre-cooked rice; **Vegetable Fat** **(Palm, Soya)**, dehydrated mushrooms (7.3%) (pieces and powder); acidity correcting agents: potassium citrate, potassium chloride, tricalcium phosphate, magnesium oxide; oligofructose (chicory root extract); buttermilk powder; thickeners: corn starch, guar gum; maltodextrin; onion powder; flavours; vitamin and mineral mix (ascorbic acid, ferric pyrophosphate, vitamin E acetate, niacinamide, zinc oxide, copper gluconate, calcium pantothenate, manganese sulfate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, vitamin A acetate, folic acid, potassium iodide, sodium selenite, biotin, cholecalciferol, cyanocobalamin, dicalcium phosphate, sodium fluoride, chromium chloride, sodium molybdate, phytonadione); salt; spices; stabilizer magnesium phosphate; parsley; antioxidants: tocopherols.

Allergens

Contains: Milk, Soya

May Contain: Egg, Gluten, Celery, Sulphites

**To use – Place the content of the pack in a bowl and add 150mls of boiling water. Leave to stand for at least 2 minutes. Microwave on high for 1 minute 30 second. Stir and then microwave for a further 1 minute and 30 seconds. Leave to stand for 2-3 minutes before consuming.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 56.5g serving | % RDA Per serving |
| Energy kJ | 1530 | 868 |  |
| Energy kcal | 364 | 206 |  |
| Fat (g) | 11 | 5.9 |  |
| (of which saturates) (g) | 1.9 | 1 |  |
| Carbohydrate (g) | 32.5 | 17.2 |  |
| (of which sugars) (g) | 16.5 | 8.8 |  |
| Fibre (g) | 6.8 | 3.6 |  |
| Protein (g) | 33.6 | 17.8 |  |
| Linoleic acid (g) | 4.320 | 2.290 |  |
| Alpha Linolenic acid (g) | 0.438 | 0.232 |  |
| Salt (g) | 2.4 | 1.3 |  |
| Potassium (mg) | 1830 | 1034 | 52 |
| Calcium (mg) | 487 | 275 | 35 |
| Magnesium (mg) | 221 | 125 | 34 |
| Phosphorus (mg) | 456 | 257 | 37 |
| Chloride (mg) | 1252 | 7.7 | 89 |
| Biotin (µg) | 37.0 | 21.0 | 43 |
| Chromium (µg) | 24.2 | 13.7 | 34 |
| Copper (mg) | 1.0 | 0.6 | 57 |
| Fluoride (mg) | 1.9 | 1.1 | 31 |
| Folic acid (µg) | 127.0 | 72.0 | 36 |
| Iodine (µg) | 102.0 | 57 | 39 |
| Iron (mg) | 12.8 | 7.2 | 52 |
| Manganese (mg) | 1.4 | 0.8 | 40 |
| Molybdenum (µg) | 42.9 | 24.2 | 49 |
| Niacin (mg) | 12.8 | 7.2 | 45 |
| Pantothenic acid (mg) | 4.0 | 2.3 | 38 |
| Selenium (µg) | 39.0 | 22.1 | 40 |
| Vitamin A (µg) | 544 | 307 | 39 |
| Vitamin B1 (mg) | 0.8 | 0.4 | 40 |
| Vitamin B12 (µg) | 1.7 | 1.0 | 39 |
| Vitamin B2 (mg) | 1.1 | 0.6 | 44 |
| Vitamin B6 (mg) | 1.3 | 0.7 | 53 |
| Vitamin C (mg) | 73.1 | 41.3 | 52 |
| Vitamin D (µg) | 3.4 | 1.9 | 39 |
| Vitamin E (mg) | 8.4 | 4.7 | 40 |
| Vitamin K1 (µg) | 57.0 | 32.2 | 43 |
| Zinc (mg) | 6.8 | 3.9 | 39 |

**Pasta Carbonara**

Ingredients: **Durum Wheat Spaghetti (35%) (Gluten) (Egg),** **Milk Protein (Milk),** Maltodextrin, Chicory Fibre, **Soya Oil (Soya),** **Soya Protein (Soya),** **Cheese Powder (Milk),** Potassium Citrate, **Vegetable Oils (soya, palm) (Soya),** **Hydrolysed Vegetable Protein (Gluten),** Yeast Extract, Onion Powder, Modified Maize Starch, Salt, Dried Glucose, Calcium Chloride, Potassium Phosphate, Sugar, Dried Garlic, Calcium Phosphate, Magnesium Oxide, Flavourings, Potassium Chloride, Vitamin & Mineral Mix (Ascorbic Acid, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate, D-Biotin, Sodium Selenite, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin K1), **Soya Lecithin (Soya),** Emulsifier: E339; Antioxidants: E304, E307; Curcumin, Dried Parsley, White Pepper

Allergens:

Contains: Milk, Soya, Gluten, Egg

Produced in a factory that handles: Mustard, Sulphites, Celery

**To use- Add 150mls of boiling water to the packet contents in a bowl. Stir then cover for 5 minutes. Uncover and place in microwave for 2 minutes, stirring occasionally. Leave to stand for 1 minute before consuming.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 54g serving | % RDA Per serving |
| Energy kJ | 1569 | 847 |  |
| Energy kcal | 374 | 202 |  |
| Fat (g) | 12.1 | 6.5 |  |
| (of which saturates) (g) | 5 | 2.7 |  |
| Carbohydrate (g) | 36.1 | 19.5 |  |
| (of which sugars) (g) | 5.4 | 2.9 |  |
| Fibre (g) | 6.5 | 3.5 |  |
| Protein (g) | 26.8 | 14.5 |  |
| Linoleic acid (g) | 3.14 | 1.696 |  |
| Alpha Linolenic acid (g) | 0.328 | 0.177 |  |
| Salt (g) | 2.52 | 1.36 |  |
| Potassium (mg) | 1968 | 1063 | 53 |
| Calcium (mg) | 772 | 417 | 52 |
| Magnesium (mg) | 262 | 142 | 38 |
| Phosphorus (mg) | 449 | 243 | 35 |
| Chloride (mg) | 1135 | 613 | 77 |
| Biotin (µg) | 31.5 | 17.0 | 34 |
| Chromium (µg) | 25.2 | 13.6 | 34 |
| Copper (mg) | 0.7 | 0.4 | 39 |
| Fluoride (mg) | 2.2 | 1.2 | 34 |
| Folic acid (µg) | 134.8 | 72.8 | 36 |
| Iodine (µg) | 94.4 | 51.0 | 34 |
| Iron (mg) | 9.0 | 4.9 | 35 |
| Manganese (mg) | 1.4 | 0.7 | 37 |
| Molybdenum (µg) | 31.5 | 17.0 | 34 |
| Niacin (mg) | 11.3 | 6.1 | 38 |
| Pantothenic acid (mg) | 3.8 | 2.0 | 34 |
| Selenium (µg) | 38.2 | 20.6 | 38 |
| Vitamin A (µg) | 503.3 | 271.8 | 34 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 34 |
| Vitamin B12 (µg) | 1.60 | 0.9 | 34 |
| Vitamin B2 (mg) | 1.0 | 0.6 | 39 |
| Vitamin B6 (mg) | 0.9 | 0.5 | 36 |
| Vitamin C (mg) | 50.3 | 27.2 | 34 |
| Vitamin D (µg) | 3.2 | 1.7 | 34 |
| Vitamin E (mg) | 7.6 | 4.1 | 34 |
| Vitamin K1 (µg) | 47.2 | 25.5 | 34 |
| Zinc (mg) | 6.5 | 3.5 | 35 |

**Porridge Oats (plain)**

Ingredients: **Skimmed Milk Powder (28%) (Milk), Oats (27%) (Gluten),** **Milk Protein (Milk),** **Soya Protein (Soya), Refined** **Soybean Oil (Soya),** **Oat Fibre (Gluten),** Potassium Citrate, Dried Glucose, Magnesium Citrate, Calcium Chloride, Vitamin & Mineral Mix (Vitamin C, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Vitamin A Acetate, Zinc Oxide, Sodium Fluoride, Calcium d-Pantothenate, Manganese Sulphate, Copper Sulphate, D-Biotin, Chromium Chloride, Potassium Iodide, Vitamin D3, Folic Acid, Pyridoxine Hydrochloride, Vitamin B12, Vitamin K1, Thiamin Mononitrate, Riboflavin), **Sodium Caseinate (Milk),** Sodium Citrate, Pentasodium Triphosphate, E451i, Sweetener: Sucralose.

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Egg, Mustard, Sulphites, Celery

**To use – Add 200ml of cold water to the packet content in a bowl. Stir well to incorporate all the powder. Place in a microwave for 2 mins 20 secs, stopping to stir frequently. Leave to stand for 1 minute before serving. If a thicker consistency is preferred, leave to stand for up to 5 minutes.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 53g serving | % RDA Per serving |
| Energy kJ | 1585 | 840 |  |
| Energy kcal | 377 | 200 |  |
| Fat (g) | 11.0 | 5.9 |  |
| (of which saturates) (g) | 1.9 | 1.0 |  |
| Carbohydrate (g) | 32.5 | 17.2 |  |
| (of which sugars) (g) | 16.5 | 8.8 |  |
| Fibre (g) | 6.8 | 3.6 |  |
| Protein | 33.6 | 17.8 |  |
| Linoleic acid (g) | 4.320 | 2.290 |  |
| Alpha Linolenic acid (g) | 0.438 | 0.232 |  |
| Salt (g) | 1.1 | 0.6 |  |
| Potassium (mg) | 2080 | 1102 | 38 |
| Calcium (mg) | 778 | 412 | 38 |
| Magnesium (mg) | 262 | 139 | 38 |
| Phosphorus (mg) | 573 | 304 | 38 |
| Chloride (mg) | 559 | 296 | 37 |
| Biotin (µg) | 31.4 | 16.7 | 33 |
| Chromium (µg) | 25.2 | 13.3 | 33 |
| Copper (mg) | 0.7 | 0.4 | 37 |
| Fluoride (mg) | 2.2 | 1.2 | 33 |
| Folic acid (µg) | 125.8 | 66.7 | 33 |
| Iodine (µg) | 94.3 | 50.0 | 33 |
| Iron (mg) | 10.1 | 5.3 | 38 |
| Manganese (mg) | 1.3 | 0.7 | 33 |
| Molybdenum (µg) | 31.4 | 16.7 | 33 |
| Niacin (mg) | 11.3 | 6.0 | 38 |
| Pantothenic acid (mg) | 3.8 | 2.0 | 33 |
| Selenium (µg) | 34.6 | 18.3 | 33 |
| Vitamin A (µg) | 503.1 | 266.7 | 33 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 33 |
| Vitamin B12 (µg) | 1.6 | 0.8 | 33 |
| Vitamin B2 (mg) | 1.0 | 0.5 | 38 |
| Vitamin B6 (mg) | 0.9 | 0.5 | 38 |
| Vitamin C (mg) | 50.3 | 26.7 | 33 |
| Vitamin D (µg) | 3.1 | 1.7 | 33 |
| Vitamin E (mg) | 7.5 | 4.0 | 33 |
| Vitamin K1 (µg) | 47.2 | 25.0 | 33 |
| Zinc (mg) | 6.3 | 3.3 | 33 |

**Red Bean Chilli**

Ingredients: **Textured Defatted Soya Flour (Soya),** Vegetable Powders (Tomato, Onion, Red Pepper, Garlic), Red Kidney Beans (15%), **Soya protein (Soya),** Maize Starch, **Soy Bean Oil (Soya),** Spices (Cumin, Curcumin, Cayenne), Potassium Citrate, Sweet Corn, Palm Fat, Maltodextrin, Salt, Flavourings, Colours (Beetroot Powder, Paprika Extract, Caramel E150d), **Milk Protein (Milk),** Sugar, Calcium Phosphate, Dried Glucose Syrup, Calcium Chloride, Potassium Phosphate, Vitamin & Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Zinc Oxide, Vitamin A Acetate, Calcium d-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate Monohydrate, D-Biotin, Sodium Selenite, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin K1), Magnesium Oxide, **Soya Lecithin (Soya),** Antioxidants E304, E307.

Allergens:

Contains: Milk, Soya,

Produced in a factory that handles: Egg, Gluten, Mustard, Sulphites, Celery

**To use – Place the content of the pack in a bowl and add 200mls of boiling water. Leave to stand for at least 2 minutes. Microwave on high for 2 minutes 30 seconds. Stir and then microwave for a further 2 minutes 30 seconds. Leave to stand for at least 1 minute before consuming.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 60g serving | % RDA Per serving |
| Energy kJ | 1379 | 826 |  |
| Energy kcal | 338 | 203 |  |
| Fat (g) | 8.3 | 5.0 |  |
| (of which saturates) (g) | 2.5 | 1.5 |  |
| Carbohydrate (g) | 33.4 | 20.1 |  |
| (of which sugars) (g) | 9.8 | 5.9 |  |
| Fibre (g) | 8.9 | 5.3 |  |
| Protein (g) | 27.9 | 16.7 |  |
| Linoleic acid (g) | 2.553 | 1.532 |  |
| Alpha Linolenic acid (g) | 0.259 | 0.156 |  |
| Salt (g) | 2.44 | 1.47 |  |
| Potassium (mg) | 1825 | 1095 | 55 |
| Calcium (mg) | 510 | 306 | 38 |
| Magnesium (mg) | 225 | 135 | 36 |
| Phosphorus (mg) | 499 | 299 | 43 |
| Chloride (mg) | 1404 | 842 | 105 |
| Biotin (µg) | 27.8 | 16.7 | 33 |
| Chromium (µg) | 22.2 | 13.3 | 33 |
| Copper (mg) | 1.31 | 0.78 | 78 |
| Fluoride (mg) | 1.95 | 1.17 | 33 |
| Folic acid (µg) | 136.1 | 81.7 | 41 |
| Iodine (µg) | 83.4 | 50.0 | 33 |
| Iron (mg) | 13.6 | 8.1 | 58 |
| Manganese (mg) | 2.45 | 1.47 | 73 |
| Molybdenum (µg) | 27.8 | 16.7 | 33 |
| Niacin (mg) | 10.3 | 6.2 | 39 |
| Pantothenic acid (mg) | 3.4 | 2.1 | 34 |
| Selenium (µg) | 53.3 | 32.0 | 58 |
| Vitamin A (µg) | 444.5 | 266.7 | 33 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 35 |
| Vitamin B12 (µg) | 1.4 | 0.8 | 33 |
| Vitamin B2 (mg) | 0.9 | 0.5 | 39 |
| Vitamin B6 (mg) | 0.9 | 0.5 | 39 |
| Vitamin C (mg) | 46.1 | 27.7 | 35 |
| Vitamin D (µg) | 2.8 | 1.7 | 33 |
| Vitamin E (mg) | 6.8 | 4.1 | 34 |
| Vitamin K1 (µg) | 41.7 | 25.0 | 33 |
| Zinc (mg) | 7.4 | 4.4 | 44 |

**Shepherd’s Pie**

Ingredients: Dried Potato (26%) (contains: Potato E471, E450i, E330, E320, Spice Extract), **Textured Defatted Soya Flour (Soya),** **Soya Protein (Soya),** Palm Fat, Potassium Citrate, **Milk Protein Concentrate (Milk),** Dried onion, **Soya Oil (Soya),** Dried Peas, Flavourings, Maltodextrin, **Hydrolysed vegetable Protein (Gluten),** **Milk Protein (Milk),** Dried Glucose Syrup, Modified Maize Starch, Garlic Powder, Yeast extract, Colour: Ammonia caramel; Calcium Chloride, Oligofructose, Calcium Phosphate, Potassium Phosphate, Caramel Powder, Sage, Salt, Magnesium oxide, Sugar, Vitamin & Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Zinc oxide, Vitamin A Acetate, Calcium d-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate Monohydrate, D-Biotin, Sodium Selenite, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin K1, ), Rosemary, Parsley, **Soya Lecithin (Soya),** Antioxidants: E304, E307

Allergens:

Contains: Milk, Soya, Gluten

Produced in a factory that handles: Egg, Mustard, Sulphites, Celery

**To use – Add 200mls of boiling water to the packet contents in a bowl. Stir well to incorporate all the powder. Place in a microwave for 1 min 30 secs, stir before serving.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 53g serving | % RDA Per serving |
| Energy kJ | 1596  | 846 |  |
| Energy kcal | 379 | 201 |  |
| Fat (g) | 10.6 | 5.6 |  |
| (of which saturates) (g) | 4.5 | 2.4 |  |
| Carbohydrate (g) | 35.8 | 19 |  |
| (of which sugars) (g) | 7.6 | 4 |  |
| Fibre (g) | 6.5 | 3.4 |  |
| Protein (g) | 32 | 17 |  |
| Linoleic acid (g) | 2.856 | 1.513 |  |
| Alpha Linolenic acid (g) | 0.269 | 0.143 |  |
| Salt (g) | 1.94 | 1.03 |  |
| Potassium (mg) | 2179 | 1155 | 58 |
| Calcium (mg) | 647 | 343 | 43 |
| Magnesium (mg) | 247 | 131 | 35 |
| Phosphorus (mg) | 526 | 279 | 40 |
| Chloride (mg) | 589 | 312 | 39 |
| Biotin (µg) | 31.5 | 16.7 | 33 |
| Chromium (µg) | 25.2 | 13.3 | 33 |
| Copper (mg) | 1.3 | 0.7 | 67 |
| Fluoride (mg) | 2.2 | 1.2 | 33 |
| Folic acid (µg) | 152.2 | 80.7 | 40 |
| Iodine (µg) | 94.4 | 50.0 | 33 |
| Iron (mg) | 13.7 | 7.2 | 52 |
| Manganese (mg) | 2.2 | 1.2 | 58 |
| Molybdenum (µg) | 31.5 | 16.7 | 33 |
| Niacin (mg) | 11.3 | 6.0 | 38 |
| Pantothenic acid (mg) | 3.8 | 2.0 | 34 |
| Selenium (µg) | 86.8 | 46.0 | 84 |
| Vitamin A (µg) | 503.3  | 266.7 | 33 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 33 |
| Vitamin B12 (µg) | 1.6 | 0.8 | 33 |
| Vitamin B2 (mg) | 1.0 | 0.5 | 39 |
| Vitamin B6 (mg) | 0.9 | 0.5 | 36 |
| Vitamin C (mg) | 50.3 | 26.7 | 33 |
| Vitamin D (µg) | 3.2 | 1.7 | 33 |
| Vitamin E (mg) | 7.6 | 4.0 | 33 |
| Vitamin K1 (µg) | 47.2 | 25.0 | 33 |
| Zinc (mg) | 7.6 | 4.0 | 46 |

**Spaghetti Bolognese**

Ingredients: **Textured Defatted Soya Flour (Soya),** **Durum Wheat Spaghetti (22%) (Gluten),** **Soya Protein (Soya),** Dried Tomato, **Soya Oil (Soya),** Dried Onion, Palm Fat, Potassium Citrate, Dried garlic, Maltodextrin, Oligofructose, Salt, **Milk Protein (Milk**), Colours: Ammonia caramel; Beetroot Red; Sugar, Dried Glucose, Dried carrot, Calcium Phosphate, Flavourings, **Celery (Celery),** Calcium Chloride, Vitamin & Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Nicotinamide, Sodium Molybdate, Zinc oxide, Vitamin A Acetate, Calcium d-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate Monohydrate, D-Biotin, Sodium Selenite, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Vitamin K1, ), Magnesium Oxide, paprika, Oregano, Potassium Phosphate, Potassium Chloride, Rosemary, **Soya Lecithin (Soya),** Antioxidants: E304, E307

Allergens:

Contains: Milk, Soya, Gluten, Celery

Produced in a factory that handles: Egg, Mustard, Sulphites

**To use- Add 180mls of boiling water to the packet contents in a bowl. Stir well to incorporate all the powder. Place in a microwave for 2 minutes, stir and then microwave for a further 2 minutes. Leave for 1 minute before serving.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 55g serving | %RDA Per serving |
| Energy kJ | 1545 | 850 |  |
| Energy kcal | 367 | 202 |  |
| Fat (g) | 8.9 | 4.9 |  |
| (of which saturates) (g) | 3.2 | 1.7 |  |
| Carbohydrate (g) | 36.4 | 20 |  |
| (of which sugars) (g) | 8.8 | 4.8 |  |
| Fibre (g) | 9.1 | 5 |  |
| Protein (g) | 30.9 | 17 |  |
| Linoleic acid (g) | 2.791 | 1.535 |  |
| Alpha Linolenic acid (g) | 0.278 | 0.153 |  |
| Salt (g) | 2.28 | 1.26 |  |
| Potassium (mg) | 1939 | 1067 | 53 |
| Calcium (mg) | 494 | 272 | 34 |
| Magnesium (mg) | 246 | 145 | 39 |
| Phosphorus (mg) | 482 | 265 | 38 |
| Chloride (mg) | 1387 | 763 | 95 |
| Biotin (µg) | 30.3 | 16.7 | 33 |
| Chromium (µg) | 24.3 | 13.3 | 33 |
| Copper (mg) | 1.4 | 0.8 | 77 |
| Fluoride (mg) | 2.1 | 1.2 | 33 |
| Folic acid (µg) | 143.1 | 78.7 | 39 |
| Iodine (µg) | 90.9 | 50.0 | 33 |
| Iron (mg) | 14.4 | 7.9 | 57 |
| Manganese (mg) | 2.7 | 1.5 | 73 |
| Molybdenum (µg) | 30.3 | 16.7 | 33 |
| Niacin (mg) | 10.9 | 6.0 | 38 |
| Pantothenic acid (mg) | 3.7 | 2.0 | 34 |
| Selenium (µg) | 63.6 | 35.0 | 64 |
| Vitamin A (µg) | 485  | 266.7 | 33 |
| Vitamin B1 (mg) | 0.7 | 0.4 | 34 |
| Vitamin B12 (µg) | 1.5 | 0.8 | 33 |
| Vitamin B2 (mg) | 1 | 0.5 | 39 |
| Vitamin B6 (mg) | 1 | 0.5 | 37 |
| Vitamin C (mg) | 50.3 | 26.7 | 35 |
| Vitamin D (µg) | 3 | 1.7 | 33 |
| Vitamin E (mg) | 7.3 | 4.0 | 33 |
| Vitamin K1 (µg) | 45.5 | 25.0 | 33 |
| Zinc (mg) | 7.9 | 4.3 | 43 |

LIMITED EDITION – Turkey Dinner

Ingredients: Maltodextrin, **Textured Soya Concentrate (Soya),** **Soya Protein Isolate (Soya)**, Vegetable oil (Sunflowwer Oil and Non-Hydrogenated Palm Oil), Dehydrated Vegetables (Carrot, Pea, Onion), Yeast Extract, Flavouring, Chicory Root Extract, Di Potassium Phosphate, **Milk Protein (Milk),** Calcium Chloride, Onion Powder, Spices, Herbs, Thickeners (Xanthan Gum, Guar Gum), Magnesium Oxide, Lovage Root, Garlic Powder, Vitamin & Mineral Mix (Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E, Nicotinamide , Sodium Molybdate, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Copper Sulphate, Sodium Fluoride, Manganese Sulphate, D-Biotin, Chromium Chloride, Potassium Iodide, Vitamin B12, Folic Acid, Vitamin D3, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Vitamin K1, Sodium Selenite), **Soya Lecithin (Soya),** Antioxidants: E304, E307.

Allergens:

Contains: Milk, Soya

Produced in a factory that handles: Gluten, Egg, Mustard, Sulphites, Celery

**Add the contents of the sachet to 130-140mls of cold water. Stir until fully mixed microwave for 1 minute 30 seconds, stir and then microwave for a further 1 minute 30 seconds. Leave for 1 minute before consuming.**

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 54g serving | % RDA Per serving |
| Energy kJ | 1612 | 870 |  |
| Energy kcal | 385 | 208 |  |
| Fat (g) | 9.3 | 5.0 |  |
| (of which saturates) (g) | 3.4 | 1.8 |  |
| Carbohydrate (g) | 43.0 | 23.2 |  |
| (of which sugars) (g) | 3.3 | 1.8 |  |
| Fibre (g) | 6.6 | 3.6 |  |
| Protein | 29.1 | 15.7 |  |
| Salt (g) | 2.54 | 1.37 |  |
| Linoleic acid (g) | 2.92 | 1.58 |  |
| Alpha Linolenic acid (g) | 0.30 | 0.16 |  |
| Potassium (mg) | 1236 | 667 | 33% |
| Calcium (mg) | 505 | 273 | 34% |
| Magnesium (mg) | 240 | 130 | 35% |
| Phosphorus (mg) | 432 | 233 | 33% |
| Chloride (mg) | 494 | 267 | 33% |
| Biotin (µg) | 31.5 | 17.0 | 34% |
| Chromium (µg) | 25.2 | 13.6 | 34% |
| Copper (mg) | 0.6 | 0.3 | 34% |
| Fluoride (mg) | 2.2 | 1.2 | 34% |
| Folic acid (µg) | 125.8 | 67.9 | 34% |
| Iodine (µg) | 94.4 | 51.0 | 34% |
| Iron (mg) | 9.5 | 5.1 | 37% |
| Manganese (mg) | 1.3 | 0.7 | 34% |
| Molybdenum (µg) | 31.5 | 17.0 | 34% |
| Niacin (mg) | 11.3 | 6.1 | 38% |
| Pantothenic acid (mg) | 3.8 | 2.0 | 34% |
| Selenium (µg) | 34.1 | 18.4 | 33% |
| Vitamin A (µg) | 503.2 | 271.7 | 34% |
| Vitamin B1 (mg) | 0.7 | 0.4 | 34% |
| Vitamin B12 (µg) | 1.6 | 0.9 | 34% |
| Vitamin B2 (mg) | 1.0 | 0.6 | 39% |
| Vitamin B6 (mg) | 0.9 | 0.5 | 36% |
| Vitamin C (mg) | 50.3 | 27.2 | 34% |
| Vitamin D (µg) | 3.2 | 1.7 | 34% |
| Vitamin E (mg) | 7.6 | 4.1 | 34% |
| Vitamin K1 (µg) | 47.2 | 25.5 | 34% |
| Zinc (mg) | 6.3 | 3.4 | 34% |

**Bars: Chocolate Orange**

Ingredients: **Soya Crispies (Isolated Soya Protein (Soya)**, Tapioca Starch, Salt), Glucose Syrup, Fructo-oligosaccharides, **Toasted Oats (Oat Flakes** **(Gluten)**, Honey, Vegetable Oil( Sunflower Oil and Non-Hydrogenated Palm Oil), Chocolate Chips (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla), Citrus Peel (Orange Peel, Lemon Peel, Glucose Syrup, Sucrose, Acidity Regulator: Citric Acid, Preservatives: Sorbic Acid, Sulphur Dioxide), Vegetable Oil ( Sunflower Oil and Non-Hydrogenated Palm Oil), **Isolated Soya Protein (Isolated Soya Protein, Soya Lecithin) (Soya)**, Calcium Phosphate, Glycerine, Potassium Phosphate, Potassium Chloride, Vitamin and Mineral Premix (Sodium Ascorbate, Ferric Pyrophosphate, Vit E Acetate, Nicotinamide, Sodium Selenite, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Sodium Fluoride, Manganese Sulphate, Potassium Iodate, Vitamin B12, D-Biotin, Chrome Chloride, Vitamin D3,Folic Acid, Copper Citrate Hemitrihydrate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin K, Riboflavin, Sodium Molybdate Dihydrate), Magnesium Oxide, Colour: Caramel Syrup, Salt, Flavouring, Sweetener: Sucralose

Allergens:

Contains: Soya, Gluten (from Oats)

Produced in a factory that handles: Milk, Nuts

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 65g serving | % RDA Per serving |
| Energy kJ | 1565 | 923 |  |
| Energy kcal | 372 | 219 |  |
| Fat (g) | 9.5 | 5.6 |  |
| (of which saturates) (g) | 2.3 | 1.4 |  |
| Carbohydrate (g) | 28.7 | 16.9 |  |
| (of which sugars) (g) | 16.5 | 9.8 |  |
| Fibre (g) | 8.4 | 5.0 |  |
| Protein (g) | 30.3 | 17.9 |  |
| Linoleic acid (g) | 3.7 | 2.2 |  |
| Alpha Linolenic acid (g) | 0.07 | 0.04 |  |
| Salt (g) | 1.1 | 0.6 |  |
| Potassium (mg) | 1152 | 680 | 34 |
| Calcium (mg) | 461 | 272 | 34 |
| Magnesium (mg) | 216.1 | 127.5 | 34 |
| Phosphorus (mg) | 403.4 | 238.0 | 34 |
| Chloride (mg) | 461 | 272 | 34 |
| Biotin (µg) | 28.8 | 17.0 | 34 |
| Chromium (µg) | 23.1 | 13.6 | 34 |
| Copper (mg) | 0.6 | 0.3 | 34 |
| Fluoride (mg) | 2.0 | 1.2 | 34 |
| Folic Acid (µg) | 115 | 68 | 34 |
| Iodine (μg) | 86.4 | 51.0 | 34 |
| Iron (mg) | 8.1 | 4.8 | 34 |
| Manganese (mg) | 1.2 | 0.7 | 34 |
| Molybdenum (µg) | 28.8 | 17.0 | 34 |
| Niacin (mg) | 9.2 | 5.4 | 34 |
| Pantothenic acid (mg) | 3.5 | 2.0 | 34 |
| Selenium (µg) | 31.7 | 18.7 | 34 |
| Vitamin A (µg) | 461 | 272 | 34 |
| Vitamin B1 (mg) | 0.6 | 0.4 | 34 |
| Vitamin B12 (µg) | 1.4 | 0.9 | 34 |
| Vitamin B6 (mg) | 0.8 | 0.5 | 34 |
| Vitamin C (mg) | 46.1 | 27.2 | 34 |
| Vitamin D (µg) | 2.9 | 1.7 | 34 |
| Vitamin E (mg) | 6.9 | 4.1 | 34 |
| Vitamin K (µg) | 43.2 | 25.5 | 34 |
| Zinc (mg) | 5.8 | 3.4 | 34 |

**Double Chocolate**

Ingredients: Protein Blend (**Soya Protein Isolate (Soya), Hydrolysed Whey Protein Isolate (Milk), Milk Protein Isolate (Milk) , Whey Protein Concentrate (Milk**), Emulsidier: **Soya Lecithin (Soya),** Fructo-Oligosaccharide, Humectant (Glycerine), **Milk Chocolate Couverture (Milk)** (13%) (Sugar, Cocoa Butter, **Whole Milk Powder (Milk)**, Cocoa Mass, Emulsifier: **Soya Lecithin (Soya),** Flavouring), Water, Glucose Syrup, Sunflower Oil, Di-Potassium Phosphate, Fat Reduced Cocoa Powder, Flavourings, Di-Magnesium Phosphate, Sodium Chloride, Caramel Pieces (Sugar, Butterfat, Non-Hydrogenated Vegetable Fat (Palm), Whole **Milk Powder (Milk), Skimmed Milk Powder (Milk), Soya Lecithin (Soya),** Tri-Calcium Phosphate, Vitamin & Mineral Blend (Sodium Ascorbate, Maltodextrin, Ferric Pyrophospate, Vitamin E, Nicotinamide, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Sodium Flouride, Manganese Sulphate Monohydrate, Potassium Iodate, Vitamin B12, Biotin, Chrome Chloride, Folic Acid, Vitamin D3, Sodium Selenite, Copper Citrate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin K1, Riboflavin, Sodium Molydbate Dihydrate), Sodium Bicarbonate, Ascorbic Acid, Vitamin B6, Sweetener (Sucralose), Antioxidant (Mixed Tocopherols).

Allergens:

Contains: Soya, Milk

Produced in a factory that handles: Gluten, Eggs, Peanut, Nuts

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 65g serving | % RDA Per serving |
| Energy kJ | 1291 | 839 |  |
| Energy kcal | 309 | 201 |  |
| Fat (g) | 9.3 | 6.1 |  |
| (of which saturates) (g) | 3.8 | 2.5 |  |
| Carbohydrate (g) | 30.5 | 12 |  |
| (of which sugars) (g) | 12.0 | 7.8 |  |
| Fibre (g) | 11.6 | 7.5 |  |
| Protein (g) | 25.7 | 16.7 |  |
| Linoleic acid (g) | 2.2 | 1.5 |  |
| Alpha Linolenic acid (g) | 0.021 | 0.013 |  |
| Salt (g) | 1.30 | 0.85 |  |
| Potassium (mg) | 1616.3 | 1050.6 | 53 |
| Calcium (mg) | 441.8 | 287.2 | 36 |
| Magnesium (mg) | 197.8 | 128.6 | 34 |
| Phosphorus (mg) | 393.8 | 256.0 | 37 |
| Chloride (mg) | 456.0 | 296.4 | 37 |
| Biotin (µg) | 28.0 | 18.2 | 36 |
| Chromium (µg) | 30.2 | 19.7 | 49 |
| Copper (mg) | 0.8 | 0.5 | 50 |
| Fluoride (mg) | 2.6 | 1.7 | 49 |
| Folic Acid (µg) | 104.5 | 67.9 | 34 |
| Iodine (μg) | 111.7 | 72.6 | 48 |
| Iron (mg) | 12.8 | 8.3 | 60 |
| Manganese (mg) | 1.5 | 1.0 | 50 |
| Molybdenum (µg) | 37.6 | 24.5 | 49 |
| Niacin (mg) | 9.6 | 6.2 | 39 |
| Pantothenic acid (mg) | 3.2 | 2.1 | 35 |
| Selenium (µg) | 41.3 | 26.9 | 49 |
| Vitamin A (µg) | 475.8 | 309.3 | 39 |
| Vitamin B1 (mg) | 0.6 | 0.4 | 36 |
| Vitamin B12 (µg) | 1.9 | 1.2 | 48 |
| Vitamin B6 (mg) | 1.1 | 0.7 | 50 |
| Vitamin C (mg) | 56.3 | 36.6 | 46 |
| Vitamin D (µg) | 3.1 | 2.0 | 40 |
| Vitamin E (mg) | 9.5 | 6.2 | 52 |
| Vitamin K (µg) | 55.4 | 36.0 | 48 |
| Zinc (mg) | 7.7 | 5.0 | 50 |

**Red Berry**

Ingredients: Protein Blend (**Soya Protein Isolate (Soya), Hydrolysed Whey Protein Isolate (Milk), Milk Protein Isolate (Milk) , Whey Protein Concentrate (Milk**), Emulsifier: **Soya Lecithin (Soya),** Fructo-Oligosaccharide, Humectant (Glycerine), Yoghurt Coating (13%) (Sweetener: Maltitol; Non-Hydrogenated Vegetable Fat (Palm Kernel Oil, Palm Oil, Shea Oil), **Sweet Whey Powder (Milk), Yogurt Powder (Milk),** Emulsifier: **Soya Lecithin (Soya),** Citric Acid),Water, Glucose Syrup, Sunflower Oil, Di-Potassium Phosphate, Flavourings, Di-Magnesium Phosphate, Acidity Regulator (Citric Acid) Sodium Chloride, Tri-Calcium Phosphate, Vitamin & Mineral Blend (Sodium Ascorbate, Maltodextrin, Ferric Pyrophospate, Vitamin E, Nicotinamide, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Sodium Flouride, Manganese Sulphate Monohydrate, Potassium Iodate, Vitamin B12, Biotin, Chrome Chloride, Folic Acid, Vitamin D3, Sodium Selenite, Copper Citrate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin K1, Riboflavin, Sodium Molydbate Dihydrate),Rapeseed Oil, Sodium Bicarbonate, Freeze Dried Raspberry Crumble, Freeze Dried Strawberry Pieces, Ascorbic Acid, Vitamin B6, Sweetener (Sucralose), Antioxidant (Mixed Tocopherols), Copper Gluconate

Allergens: Contains: Soya, Milk

Produced in a factory that handles: Gluten, Eggs, Peanut, Nuts

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 65g serving | %RDA Per serving |
| Energy kJ | 1294 | 841 |  |
| Energy kcal | 309 | 201 |  |
| Fats (g) | 10.0 | 6.5 |  |
| (of which saturates) (g) | 5.1 | 3.3 |  |
| Carbohydrate (g) | 31 | 20 |  |
| (of which sugars) (g) | 5.4 | 3.5 |  |
| Fibre (g) | 11 | 7 |  |
| Protein (g) | 26 | 17 |  |
| Linoleic acid (g) | 2.5 | 1.6 |  |
| Alpha Linoleic acid (g) | 0.091 | 0.059 |  |
| Salt (g) | 1.30 | 0.85 |  |
| Potassium (mg) | 1596.4 | 1037.7 | 52 |
| Calcium (mg) | 468.0 | 304.2 | 38 |
| Magnesium (mg) | 197.8 | 128.5 | 34 |
| Phosphorus (mg) | 409.0 | 265.9 | 38 |
| Chloride (mg) | 432.1 | 280.9 | 35 |
| Biotin (µg) | 30.8 | 20.0 | 40 |
| Chromium (µg) | 33.3 | 21.6 | 54 |
| Copper (mg) | 1.0 | 0.6 | 60 |
| Fluoride (mg) | 2.9 | 1.9 | 54 |
| Folic acid (µg) | 114.0 | 74.1 | 37 |
| Iodine (µg) | 122.2 | 79.4 | 53 |
| Iron (mg) | 12.9 | 8.4 | 60 |
| Manganese (mg) | 1.6 | 1.1 | 55 |
| Molybdenum (µg) | 41.4 | 26.9 | 54 |
| Niacin (mg) | 10.5 | 6.8 | 43 |
| Pantothenic acid (mg) | 3.4 | 2.2 | 37 |
| Selenium (µg) | 45.8 | 29.8 | 54 |
| Vitamin A (µg) | 522.5 | 339.6 | 39 |
| Vitamin B1 (mg) | 0.7 | 0.5 | 45 |
| Vitamin B12 (µg) | 2.0 | 1.3 | 52 |
| Vitamin B2 (mg) | 0.9 | 0.6 | 43 |
| Vitamin B6 (mg) | 1.2 | 0.8 | 57 |
| Vitamin C (mg) | 56.0 | 36.4 | 46 |
| Vitamin D (µg) | 3.3 | 2.1 | 42 |
| Vitamin E (mg) | 9.9 | 6.4 | 53 |
| Vitamin K1 (µg) | 61.1 | 39.7 | 53 |
| Zinc (mg) | 8.3 | 5.4 | 54 |

**Toffee, Nut & Raisin**

**Soya Crispies (Isolated Soya Protein** **(Soya)** Tapioca Starch, Salt), Glucose Syrup ,Fructo-oligosaccharides, Toasted Oats (Oat flakes, Honey, Vegetable Oil (Sunflower Oil and Non-Hydrogenated Palm Oil), **Mixed Chopped Nuts (Peanuts, Walnuts, Almonds**), Raisins (Raisins, **Vegetable Oil), Vegetable Oil, Isolated Soya Protein (Isolated Soya Protein, Soya Lecithin** **(Soya),** Calcium Phosphate, Glycerine, Potassium Phosphate, Potassium Chloride, Vitamin and Mineral Premix (Sodium Ascorbate, Ferric Pyrophosphate, Vit E Acetate, Nicotinamide, Sodium Selenite, Zinc Oxide, Vitamin A Acetate, Calcium D-Pantothenate, Sodium Fluoride, Manganese Sulphate, Potassium Iodate, Vitamin B12, D-Biotin, Chrome Chloride, Vitamin D3, Folic Acid, Copper Citrate Hemitrihydrate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin K, Riboflavin, Sodium Molybdate Dihydrate), Magnesium Oxide, Colour: Caramel Syrup, Salt, Flavouring, Sweetener: Sucralose

Allergens:

Contains: Nuts, Peanuts, Soya, Gluten (from Oats)

Produced in a factory that handles: Milk

|  |  |  |  |
| --- | --- | --- | --- |
| Nutritional Information | Per 100g | Per 59g serving | %RDA Per serving |
| Energy kJ | 1585 | 935 |  |
| Energy kcal | 377 | 223 |  |
| Fat (g) | 11.1 | 6.5 |  |
| (of which saturates) (g) | 1.8 | 1.0 |  |
| Carbohydrate (g) | 33.4 | 19.7 |  |
| (of which sugars) (g) | 12.7 | 7.5 |  |
| Fibre (g) | 8.6 | 5.1 |  |
| Protein (g) | 31.7 | 18.7 |  |
| Linoleic acid (g) | 3.7 | 2.2 |  |
| Alpha Linolenic acid (g) | 0.07 | 0.04 |  |
| Salt (g) | 1.1 | 0.6 |  |
| Potassium (mg) | 1152.5 | 680.0 | 34 |
| Calcium (mg) | 431.0 | 272.0 | 34 |
| Magnesium (mg) | 216.1 | 127.5 | 34 |
| Phosphorus (mg) | 403.4 | 238.0 | 34 |
| Chloride (mg) | 461.0 | 272.0 | 34 |
| Biotin (µg) | 28.8 | 17.0 | 34 |
| Chromium (µg) | 23.1 | 13.6 | 34 |
| Copper (mg) | 0.6 | 0.3 | 34 |
| Fluoride (mg) | 2.0 | 1.2 | 34 |
| Folic acid (µg) | 115.3 | 68.0 | 34 |
| Iodine (µg) | 86.4 | 51.0 | 34 |
| Iron (mg) | 8.1 | 4.8 | 34 |
| Manganese (mg) | 1.2 | 0.7 | 34 |
| Molybdenum (µg) | 28.8 | 17.0 | 34 |
| Niacin (mg) | 9.2 | 5.4 | 34 |
| Pantothenic acid (mg) | 3.5 | 2.0 | 34 |
| Selenium (µg) | 31.7 | 18.7 | 34 |
| Vitamin A (µg) | 461.0 | 272.0 | 34 |
| Vitamin B1 (µg) | 0.6 | 0.4 | 34 |
| Vitamin B12 (µg) | 1.4 | 0.9 | 34 |
| Vitamin B2 (mg) | 0.8 | 0.5 | 34 |
| Vitamin B6 (mg) | 0.8 | 0.5 | 34 |
| Vitamin C (µg) | 46.1 | 27.2 | 34 |
| Vitamin D (mg) | 2.9 | 1.7 | 34 |
| Vitamin E (Mg) | 6.9 | 4.1 | 34 |
| Vitamin K1 (µg) | 43.2 | 25.5 | 34 |
| Zinc (mg) | 5.8 | 3.4 | 34 |

**Drinks Mix**

**Blackcurrant**

Ingredients: Inulin, Malic Acid, Sodium Citrate, Calcium Phosphate, Flavouring, Sucralose; Colour: Grapeskin Extract (E163)

Allergens:

Contains: None

Produced in a factory that handles: Milk, Soya, Gluten, Egg, Mustard, Sulphites, Celery

**To use – Mix one teaspoon to 250ml of still or sparkling water.**

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 5g serving |
| Energy kJ | 696 | 35 |
| Energy kcal | 172 | 9 |
| Fat (g) | Trace  | Trace |
| (of which saturates) (g) | Trace | Trace |
| Carbohydrate (g) | 8.5 | 0.4 |
| (of which sugars) (g) | 7.7 | 0.4 |
| Protein (g) | Trace  | Trace |
| Fibre (g) | 68.9 | 3.4 |
| Sodium (g) | 1.7 | 0.1 |
| Calcium (mg) | 1930 | 97 |
| Phosphorus (mg) | 1000 | 50 |

**Elderflower & White Wine**

Ingredients: Inulin, Malic Acid, Trisodium Citrate, Flavourings, Tricalcium Phosphate, Sucralose

Allergens:

Contains: None

Produced in a factory that handles: Milk, Soya, Gluten, Egg, Mustard, Sulphites, Celery

**For best results - add2/3tsp. (3) to 200ml-250ml of sparkling water**

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 5g serving |
| Energy kJ | 696 | 35 |
| Energy kcal | 172 | 9 |
| Fat (g) | Trace | Trace |
| (of which saturates) (g) | Trace | Trace |
| Carbohydrate (g) | 8.5 | 0.5 |
| (of which sugars) (g) | 7.7 | 0.4 |
| Fibre (g) | 68.9 | 3.4 |
| Protein | Trace | Trace |
| Sodium (g) | 1.7 | 0.1 |
| Calcium (mg) | 1930 | 97 |
| Phosphorus (mg) | 1000 | 50 |

**Peach flavour**

Ingredients: Inulin, Malic Acid, Tri-calcium Phosphate, Flavouring, Sucralose, Di-potassium Phosphate, Colours: Beta Carotene, Beetroot Powder

Allergens:

Contains: None

Produced in a factory that handles: Milk, Soya, Gluten, Egg, Mustard, Sulphites, Celery

**To use – Mix one teaspoon to 250ml of still or sparkling water.**

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 5g serving |
| Energy kJ | 729 | 36 |
| Energy kcal | 180 | 9 |
| Fat (g) | Trace | Trace |
| (of which saturates) (g) | Trace | Trace |
| Carbohydrate (g) | 9.8 | 0.5 |
| (of which sugars) (g) | 8.5 | 0.4 |
| Fibre (g) | 74.8 | 3.7 |
| Protein | Trace  | Trace |
| Sodium (g) | 1.4 | 0.1 |
| Calcium (mg) | 1930 | 97 |
| Phosphorus (mg) | 1000 | 50 |

**Orange**

Ingredients: Inulin, Malic Acid, Tri-calcium Phosphate, Tri-sodium Citrate, Flavouring, Colour: Beta Carotene, Sucralose

Allergens:

Contains: None

Produced in a factory that handles: Milk, Soya, Gluten, Egg, Mustard, Sulphites, Celery

**To use – Mix one teaspoon to 250ml of still or sparkling water.**

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 5g serving |
| Energy kJ | 765 | 38 |
| Energy kcal | 189 | 9 |
| Fat (g) | Trace | Trace |
| (of which saturates) (g) | Trace | Trace |
| Carbohydrate (g) | 9.7 | 0.5 |
| (of which sugars) (g) | 8.1 | 0.4 |
| Fibre (g) | 70.5 | 3.5 |
| Protein | Trace  | Trace |
| Sodium (g) | 0.2 | 0.0 |
| Calcium (mg) | 1932 | 97 |
| Phosphorus (mg) | 1000 | 50 |

**Raspberry Crush**

Ingredients: Inulin, Malic Acid, Tri-Calcium Phosphate, Colours: Grapeskin Extract, Beetroot powder, Flavouring, Sucralose, Di-potassium Phosphate,

Allergens:

Contains: None

Produced in a factory that handles: Milk, Soya, Gluten, Egg, Mustard, Sulphites, Celery

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 5g serving |
| Energy kJ | 764 | 38 |
| Energy kcal | 188 | 10 |
| Protein | trace | trace |
| Carbohydrate (g) | 11.4 | 0.55 |
| (of which sugars) (g) | 7.9 | 0.4 |
| Fat (g) | trace | trace |
| (of which saturates) (g) | trace | trace |
| Fibre (g) | 70.9 | 3.55 |
| Salt (g) | 0.20 | 0.01 |

**Mousse Mix**

Ingredient: Gelatine (from beef)

Allergens:

Contains: None

Produced in a factory that handles: Milk, Soya, Gluten, Egg, Mustard, Sulphites, Celery

|  |  |  |
| --- | --- | --- |
|  | Per 100g | Per 5g serving |
| Energy kJ | 1423 | 71 |
| Energy kcal | 340 | 17 |
| Protein | 85 | 4.3 |
| Carbohydrate (g) | Nil | Nil |
| (of which sugars) (g) | Nil | Nil |
| Fat (g) | Trace | Trace |
| (of which saturates) (g) | Trace | Trace |
| Fibre (g) | Nil | Nil |
| Sodium (g) | Nil | Nil |