NUTRIMEAL™

- A low-glycaemic food
- Delivers sustained energy*

NUTRIMEAL™ drink mix is a low-glycaemic, balanced meal-replacement drink that includes quality proteins, carbohydrates, dietary fibre, and many micronutrients.

THE BENEFITS OF FIBRE AND PROTEIN

Diets high in soluble and insoluble fibre are generally rich in essential nutrients. Fibre is important for maintaining digestive health. When regularly eaten as part of a healthy diet low in saturated fat and cholesterol, soluble fibre has been shown to help support healthy cholesterol levels, provided they are healthy to begin with.[1]*

Twenty-five grammes of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.[2] A serving of Dutch Chocolate NUTRIMEAL provides 15 grammes of a combination of soy, whey, and other proteins. A serving of French Vanilla NUTRIMEAL provides 15 grammes of soy protein. Soy protein is a complete protein, containing all of the essential amino acids in optimal ratios and in a highly digestible form. Whey protein, which is also easily digestible, is an excellent source of amino acids essential for building a healthy body.

References
1. Van Horn L. Circulation 1997;95(12):2701-4.
2. Henkel J. FDA Consumer (www.fda.gov/fdac/features/2000/300_soy.html) May-June 2000.

***These statements have not been evaluated by the Food Standards Agency. This product is not intended to diagnose, treat, cure, or prevent any disease.**

ITEM# 210

Dutch Chocolate **NUTRIMEAL**

ITEM# 211

French Vanilla **NUTRIMEAL**

Directions: For a rich, creamy shake, combine three (3) scoops with 290 mL-340 mL of cold water to taste, and thoroughly mix in a blender or blender bottle for 45 seconds.

NUTRITION INFORMATION

Servings per container: 9
Serving size: 3 scoops (61g)

	Quantity per 100g†:		Quantity per Serving (61g)†:	
Energy	1,762kJ (421kcal)		1,075kJ (257kcal)	
Protein	24.6g		15g	
Carbohydrate	52.5g		32g	
of which sugars:	28.7g		17.5g	
Fat	12.6g		7.7g	
of which saturates:	2.1g		1.3g	
of which cholesterol:	0mg		0mg	
Fibre	13.1g		8g	
Sodium	557mg		340mg	
		%EC RDA*		%EC RDA*
Vitamin A	372µg	46%	227µg	28%
Vitamin D	5.7µg	115%	3.5µg	70%
Vitamin E	6.7mg	67%	4.1mg	41%
Vitamin C	24.6mg	41%	15mg	25%
Thiamin (Vitamin B1)	0.8mg	57%	0.5mg	36%
Riboflavin (Vitamin B2)	1mg	63%	0.61mg	38%
Niacin	6.4mg	36%	3.9mg	22%
Vitamin B6	1mg	50%	0.62mg	31%
Folacin	131µg	66%	80µg	40%
Vitamin B12	1mg	100%	0.64mg	64%
Calcium	615mg	77%	375mg	47%
Phosphorus	748mg	94%	456mg	57%
Iron	6.2mg	44%	3.8mg	27%
Magnesium	192mg	64%	117mg	39%
Zinc	6.4mg	43%	3.9mg	26%
Iodine	87µg	58%	53µg	35%
Potassium	1,052mg	**	642mg	**
Copper	1mg	**	0.61mg	**
Manganese	0.7mg	**	0.4mg	**
Molybdenum	31µg	**	19µg	**

* RDA = Recommended Dietary Allowance
** No RDA Established
† Typical Values

Ingredients: Protein Blend (Soya Protein Isolate, Whey Protein Isolate, Rice Protein Concentrate, Pea Protein Isolate, Sodium Caseinate), Fructose, Sunflower Oil, Corn Syrup Solids, Natural and Artificial Flavourings, Wheat Bran, Soya Fibre, Oat Fibre, Oligofructose, Tricalcium Phosphate, Anti-Caking Agent (Potassium Phosphate), Prune Powder, Magnesium Citrate, Cellulose Gum, Salt, Xanthan Gum, Emulsifier (Mono- and Diglycerides), Inulin, Gum Arabic, Antioxidant (Tocopherols), Emulsifier (Soya Lecithin), Zinc Gluconate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Molybdenum Citrate, Cholecalciferol (Vitamin D), Manganese Citrate, Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Cyanocobalamin (Vitamin B12), Riboflavin, Ferrous Fumarate, Thiamin Hydrochloride (Vitamin B1).

Allergen Information: Contains Soya, Milk, and Wheat.

Directions: For a rich, creamy shake, combine three (3) scoops with 290 mL-340 mL of cold water to taste, and thoroughly mix in a blender or blender bottle for 45 seconds.

NUTRITION INFORMATION

Servings per container: 9
Serving size: 3 scoops (61g)

	Quantity per 100g†:		Quantity per Serving (61g)†:	
Energy	1,757kJ (420kcal)		1,071kJ (256kcal)	
Protein	24.6g		15g	
Carbohydrate	52.5g		32g	
of which sugars:	30.2g		18.4g	
Fat	12.3g		7.5g	
of which saturates:	1.6g		1.0g	
of which cholesterol:	0mg		0mg	
Fibre	13.1g		8g	
Sodium	459mg		280mg	
		%EC RDA*		%EC RDA*
Vitamin A	372µg	46%	227µg	28%
Vitamin D	5.7µg	115%	3.5µg	70%
Vitamin E	6.6mg	66%	4.0mg	40%
Vitamin C	26.2mg	44%	16mg	27%
Thiamin (Vitamin B1)	0.8mg	57%	0.5mg	36%
Riboflavin (Vitamin B2)	1mg	63%	0.61mg	38%
Niacin	6.6mg	37%	4.0mg	22%
Vitamin B6	1mg	50%	0.61mg	31%
Folacin	136µg	68%	83µg	42%
Vitamin B12	1mg	100%	0.61mg	61%
Calcium	589mg	74%	359mg	45%
Phosphorus	851mg	106%	519mg	65%
Iron	5.7mg	41%	3.5mg	25%
Magnesium	175mg	58%	107mg	36%
Zinc	5.9mg	39%	3.6mg	24%
Iodine	85µg	57%	52µg	35%
Potassium	854mg	**	521mg	**
Copper	0.74mg	**	0.45mg	**
Manganese	0.7mg	**	0.4mg	**
Molybdenum	34µg	**	21µg	**

* RDA = Recommended Dietary Allowance
** No RDA Established
† Typical Values

Ingredients: Soya Protein Isolate, Fructose, Sunflower Oil, Corn Syrup Solids, Soya Fibre, Wheat Bran, Oat Fibre, Natural Flavouring, Tricalcium Phosphate, Oligofructose, Anti-Caking Agent (Potassium Phosphate), Emulsifier (Sodium Caseinate), Prune Powder, Magnesium Citrate, Gum Arabic, Emulsifier (Mono- and Diglycerides), Xanthan Gum, Inulin, Cellulose Gum, Salt, Antioxidant (Tocopherols), Emulsifier (Soya Lecithin), Zinc Gluconate, Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Potassium Iodide, Niacinamide (Niacin), Vitamin A Palmitate, Copper Gluconate, Ferrous Fumarate, Cholecalciferol (Vitamin D), Molybdenum Citrate, Pyridoxine Hydrochloride (Vitamin B6), Manganese Citrate, Riboflavin, Cyanocobalamin (Vitamin B12), Folic Acid, Thiamin Hydrochloride (Vitamin B1).

Allergen Information: Contains Soya, Milk, and Wheat.