

KicStart VLCD – Tropical Banana Nutritional Information

<b>NUTRITION INFORMATION</b>		
Servings per package: 1		
Serving size: 55g per 200ml Cold Water		
	Average Quantity per Serving	Average Quantity per 100g
Energy	850kJ (203Cal)	1545kJ (370Cal)
Protein	21.8g	39.6g
Fat, Total	3.9g	7.1g
Saturated	2.7g	4.9g
Trans	0.05g	0.1g
Monounsaturated	0.3g	0.5g
Polyunsaturated	0.6g	1.1g
Omega-6 LA	477mg	867mg
Omega-3 ALA	55.1mg	100mg
Omega-3 EPA	6.1mg	11.1mg
Omega-3 DHA	23.9mg	43.5mg
Carbohydrate	18.0g	32.8g
Sugars	15.2g	27.6g
Dietary Fibre	3.2g	5.8g
Sodium	352mg	640mg
Potassium	965mg	1754mg
<b>VITAMINS &amp; MINERALS</b>	<b>Per Serve</b>	<b>Per 100g</b>
Thiamine (B1)	0.55mg (50%RDI)	1.0mg
Riboflavin (B2)	0.85mg (50%RDI)	1.5mg
Niacin (B3)	5.0mg (50%RDI)	9.1mg
Vitamin C	20.0mg (50%RDI)	36.4mg
Vitamin D	4.1ug (41%RDI)	7.5ug
Vitamin E	4.0mg (40%RDI)	7.3mg
Vitamin B6	0.8mg (50%RDI)	1.5mg
Vitamin B12	1.0ug (50%RDI)	1.8ug
Pantothenate	0.8mg	1.5mg
Biotin	5.0ug	9.1ug
Folate	100ug (50%RDI)	182ug
Vitamin A	300ug (40%RDI)	545ug
Vitamin K	30ug	54.5ug
Magnesium	160mg (50%RDI)	290mg
Calcium	400mg (50%RDI)	727mg
Phosphorus	270mg (27%RDI)	491mg
Iron	4.8mg (40%RDI)	8.7mg
Zinc	4.8mg (40%RDI)	8.7mg
Manganese	850ug	1545ug
Copper	0.5mg	0.9mg
Selenium	17.5ug (25%RDI)	31.8ug
Iodine	75ug (50%RDI)	136ug
Chromium	34ug	61.8ug
Molybdenum	42.5ug	77.3ug

**Ingredient Declaration**

**Whey Protein Concentrate**, Fructose, **Calcium Caseinate (From Milk, Contains Soy)**, **Beverage Whitener** [Glucose Syrup Solids, Vegetable Oil, **Sodium Caseinate (From Milk)**, Mineral Salts (340, 451, 452), Emulsifiers (471, 481), **Soy Lecithin**, Anti-caking Agent (551), Flavour], **Soy Flour**, Inulin, **Skim Milk Powder**, Minerals (Potassium Citrate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Selenium Yeast, Copper Gluconate, Manganese Sulphate, Chromium Picolinate, Sodium Molybdate, Potassium Iodide), Sodium Bicarbonate, Dicalcium Phosphate, Carrageenan, Flavour, **Marine Oil (Refined Tuna Oil, Sodium Caseinate, Dextrose, Maltodextrin, Sodium Ascorbate, Mixed Natural Tocopherols, Soy Lecithin, Di-alpha Tocopherol, Ascorbyl Palmitate)**, Vitamins (Vitamin C, Niacin, Vitamin E, Riboflavin, Pantothenic Acid, Pyridoxine, Thiamin, Vitamin A, Folate, Vitamin K, Biotin , Vitamin D, Vitamin B12), Maltodextrin, Colour (102)