

OPTIFAST® 瘦身奶昔代餐 (香蕉味) - 營養資料

OPTIFAST® weightloss milkshake (Banana) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	840	1580	354
	Cal	201	379	85
Protein	g	20	37.7	8.4
Fat, Total	g	4.5	8.5	1.9
- Saturated	g	0.9	1.7	0.4
- Linoleic Acid	g	1.2	2.2	0.5
- α-Linolenic Acid	mg	196	370	83
Carbohydrate	g	18.2	34.4	7.7
- Sugars	g	10.1	19	4.3
- Lactose	g	9.5	18	4
Dietary Fibre	g	3.6	6.8	1.5
Sodium	mg	215	410	92
Vitamin A	µg RE	345	650	146
Thiamin (B1)	mg	0.58	1.1	0.2
Riboflavin (B2)	mg	0.74	1.4	0.3
Niacin	mg NE	8.5	16	3.6
Pantothenic Acid	mg	2.7	5	1.1
Vitamin B6	mg	1	1.9	0.4
Biotin	µg	10.6	20	4.5
Folic Acid	µg	110	210	47
Vitamin B12	µg	1.1	2	0.4
Vitamin C	mg	40	75	17
Vitamin D	µg	3.7	7	1.6
Vitamin E	mg TE	7.4	14	3.1
Vitamin K	µg	31.8	60	13.4
Calcium	mg	420	800	180
Chromium	µg	13	25	5.6
Copper	mg	1.1	2	0.4
Fluoride	µg	340	650	146
Iodine	µg	98	185	42
Iron	mg	8	15	3.4
Magnesium	mg	160	300	67
Manganese	mg	0.8	1.5	0.3
Molybdenum	µg	18.6	35	7.8
Phosphorus	mg	360	680	150
Selenium	µg	40	75	16.8
Zinc	mg	4.2	8	1.8
Potassium	mg	955	1800	405
Chloride	mg	280	530	120
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Skimmed milk powder (31%), milk proteins (calcium caseinate (20%), sodium caseinate (10%)), maltodextrin (corn), vegetable oils (canola, sunflower), minerals (potassium citrate, magnesium carbonate, calcium phosphate, sodium chloride, potassium phosphate, ferric pyrophosphate, copper gluconate, zinc sulphate, manganese sulphate, sodium fluoride, potassium iodide, sodium selenite, sodium molybdate, chromium chloride), vegetable gum, fructo-oligosaccharide, glucose syrup (corn), inulin, medium chain triglycerides, fish oil, sugar, emulsifiers (472c, soya lecithin (471)), antioxidants (301, 306, 304), sweeteners (aspartame, acesulfame potassium), vitamins (vitamin E acetate, nicotinamide, calcium pantothenate, sodium ascorbate, pyridoxine hydrochloride, thiamine hydrochloride, vitamin A acetate, riboflavin, folic acid, phytonadione, biotin, cholecalciferol, cyanocobalamin), colour (curcumin, beetroot), flavouring.

Allergen Information: Contains Milk, Fish and Soyabean Product.

OPTIFAST® 瘦身奶昔代餐 (朱古力味) - 營養資料

OPTIFAST® weightloss milkshake (Chocolate) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	850	1600	336
Energy	Cal	203	382	80
Protein	g	20	37.7	7.9
Fat, Total	g	4.6	8.7	1.8
- Saturated	g	0.8	1.6	0.3
- Linoleic Acid	g	1.3	2.4	0.5
- α-Linolenic Acid	mg	207	390	82
Carbohydrate	g	18.5	34.9	7.3
- Sugars	g	12.7	23.9	5
- Lactose	g	11.7	22	4.6
Dietary Fibre	g	3.6	6.8	1.4
Sodium	mg	250	470	99
Vitamin A	µg RE	436	823	173
Thiamin (B1)	mg	0.74	1.4	0.29
Riboflavin (B2)	mg	1.33	2.5	0.52
Niacin	mg NE	15.9	30	6.3
Pantothenic Acid	mg	4.3	8.1	1.7
Vitamin B6	mg	1.5	2.8	0.6
Biotin	µg	45	85	18
Folic Acid	µg	150	290	59
Vitamin B12	µg	2.2	4.2	0.9
Vitamin C	mg	52	98	21
Vitamin D	µg	3.4	6.4	1.3
Vitamin E	mg TE	8.7	16.5	3.5
Vitamin K	µg	47	88	18
Calcium	mg	400	755	158
Chromium	µg	21	40	8
Copper	mg	1	1.9	0.4
Iodine	µg	130	245	51
Iron	mg	8.4	15.9	3
Magnesium	mg	160	310	63
Manganese	mg	1.02	1.92	0.4
Molybdenum	µg	22	42	8.7
Phosphorus	mg	350	660	138
Selenium	µg	34	65	13
Zinc	mg	5.7	10.8	2.3
Potassium	mg	1000	1890	395
Chloride	mg	290	545	115
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Skimmed milk powder (40%), milk proteins [calcium caseinate (19%), sodium caseinate (5.6%)], vegetable oils (rapeseed, sunflower), maltodextrin, cocoa (4.7%), minerals (potassium citrate, magnesium carbonate, sodium citrate, sodium chloride, potassium hydrogen phosphate, ferric pyrophosphate, zinc sulphate, copper gluconate, manganese sulphate, potassium iodide, sodium selenite, chromium chloride, sodium molybdate), arabic gum, fructo-oligosaccharide, inulin, medium chain triglycerides, acidity regulator (501i), vitamins (sodium ascorbate, vitamin E acetate, nicotinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, vitamin A acetate, folic acid, phytomenadione, biotin, cholecalciferol, cyanocobalamin), sweeteners (aspartame, acesulfame potassium), flavouring.

Allergen information: Contains Milk and Soyabean Product.

OPTIFAST® 瘦身奶昔代餐 (草莓味) - 營養資料

OPTIFAST® weightloss milkshake (Strawberry) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	840.	1580.	354.
Energy	Cal	201.	379.	85.
Protein	g	20.	37.7	8.4
Fat, Total	g	4.5	8.5	1.9
- Saturated	g	0.9	1.7	0.4
- Linoleic Acid	g	1.2	2.2	0.5
- α-Linolenic Acid	mg	196.	370.	83.
Carbohydrate	g	18.2	34.4	7.7
- Sugars	g	10.1	19.	4.3
- Lactose	g	9.5	18.	4.
Dietary Fibre	g	3.6	6.8	1.5
Sodium	mg	215.	410.	92.
Vitamin A	µg RE	345.	650.	146.
Thiamin (B1)	mg	0.58	1.1	0.2
Riboflavin (B2)	mg	0.74	1.4	0.3
Niacin	mg NE	8.	15.	3.4
Pantothenic Acid	mg	2.7	5.	1.1
Vitamin B6	mg	1.	1.9	0.4
Biotin	µg	10.6	20.	4.5
Folic Acid	µg	110.	210.	47.
Vitamin B12	µg	1.1	2.	0.4
Vitamin C	mg	40.	75.	17.
Vitamin D	µg	3.7	7.	1.6
Vitamin E	mg TE	7.4	14.	3.1
Vitamin K	µg	31.8	60.	13.4
Calcium	mg	420.	800.	180.
Chromium	µg	13.	25.	5.6
Copper	mg	1.1	2.	0.4
Fluoride	µg	340.	650.	146.
Iodine	µg	98.	185.	42.
Iron	mg	8.	15.	3.4
Magnesium	mg	160.	300.	67.
Manganese	mg	0.8	1.5	0.3
Molybdenum	µg	18.6	35.	7.8
Phosphorus	mg	360.	680.	150.
Selenium	µg	40.	75.	16.8
Zinc	mg	4.2	8.	1.8
Potassium	mg	955.	1800.	405.
Chloride	mg	280.	530.	120.
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Skimmed milk powder (31%), milk proteins (calcium caseinate (20%), sodium caseinate (10%)), maltodextrin (corn), vegetable oils (canola, sunflower), minerals (potassium citrate, magnesium carbonate, calcium phosphate, sodium chloride, potassium phosphate, ferric pyrophosphate, copper gluconate, zinc sulphate, manganese sulphate, sodium fluoride, potassium iodide, sodium selenite, sodium molybdate, chromium chloride), vegetable gum, fructo-oligosaccharide, glucose syrup (corn), inulin, medium chain triglycerides, fish oil, sugar, emulsifiers (472c, soya lecithin, 471), colour (beetroot), antioxidants (301, 306, 304), sweeteners (aspartame, acesulfame potassium), flavouring, vitamins (vitamin E acetate, nicotinamide, calcium pantothenate, sodium ascorbate, pyridoxine hydrochloride, thiamine hydrochloride, vitamin A acetate, riboflavin, folic acid, phytomenadione, biotin, cholecalciferol, cyanocobalamin).

Allergen Information: Contains Milk, Fish and Soyabean Product.

OPTIFAST® 瘦身奶昔代餐 (咖啡味) - 營養資料

OPTIFAST® weightloss milkshake (Coffee) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	850.	1600.	336.
Energy	Cal	203.	382.	80.
Protein	g	20.	37.7	7.9
Fat, Total	g	4.6	8.7	1.8
- Saturated	g	0.8	1.6	0.3
- Linoleic Acid	g	1.3	2.4	0.5
- α-Linolenic Acid	mg	207.	390.	82.
Carbohydrate	g	18.5	34.9	7.3
- Sugars	g	12.7	24.	5.
- Lactose	g	11.7	22.	4.6
Dietary Fibre	g	3.6	6.8	1.4
Sodium	mg	250.	470.	99.
Vitamin A	µg RE	436.	823.	173.
Thiamin (B1)	mg	0.69	1.3	0.27
Riboflavin (B2)	mg	1.33	2.5	0.52
Niacin	mg NE	15.9	30.	6.3
Pantothenic Acid	mg	4.3	8.1	1.7
Vitamin B6	mg	1.5	2.8	0.6
Biotin	µg	42.	79.	17.
Folic Acid	µg	147.	277.	58.
Vitamin B12	µg	2.2	4.2	0.9
Vitamin C	mg	52.	98.	21.
Vitamin D	µg	3.4	6.4	1.3
Vitamin E	mg TE	8.5	16.	3.4
Vitamin K	µg	47.	88.	18.
Calcium	mg	400.	755.	158.
Chromium	µg	16.	30.2	6.
Copper	mg	0.9	1.7	0.4
Iodine	µg	130.	245.	51.
Iron	mg	8.2	15.5	3.
Magnesium	mg	160.	310.	63.
Manganese	mg	0.93	1.75	0.37
Molybdenum	µg	22.	42.	8.7
Phosphorus	mg	350.	660.	138.
Selenium	µg	36.	68.	14.
Zinc	mg	5.8	10.9	2.3
Potassium	mg	1000.	1890.	395.
Chloride	mg	290.	545.	115.
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Skimmed milk powder (40%), milk proteins [calcium caseinate (19%), sodium caseinate (7%)],vegetable oils (rapeseed, sunflower), maltodextrin, minerals (potassium citrate, magnesium carbonate, potassium hydrogen phosphate, sodium chloride, sodium citrate, ferric pyrophosphate, zinc sulphate, copper gluconate, manganese sulphate, potassium iodide, sodium selenite, chromium chloride, sodium molybdate), coffee extract (4.7%), arabic gum, fructo-oligosaccharide, inulin, medium chain triglycerides, vitamins (sodium ascorbate, vitamin E acetate, nicotinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, vitamin A acetate, folic acid, phytomenadione, biotin, cholecalciferol, cyanocobalamin), sweeteners (aspartame, acesulfame potassium), flavouring.

Allergen information: Contains milk and soyabean product.

OPTIFAST® 瘦身濃湯代餐 (雞味) - 營養資料

OPTIFAST® weightloss Soup (Chicken) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	843.	1590.	333.
Energy	Cal	201.	379.	79.
Protein	g	20.4	38.5	8.1
- Collagen	g	8.5	16.	3.4
Fat, Total	g	4.3	8.1	1.7
- Saturated	g	0.5	0.9	0.2
- Linoleic Acid	g	1.2	2.3	0.5
- α-Linolenic Acid	mg	201.	380.	80.
Carbohydrate	g	18.3	34.5	7.2
- Sugars	g	0.9	1.7	0.4
- Lactose	g	0.3	0.5	0.1
Dietary Fibre	g	3.6	6.8	1.4
Sodium	mg	640.	1210.	255.
Vitamin A	µg RE	320.	604.	127.
Thiamin (B1)	mg	0.55	1.	0.22
Riboflavin (B2)	mg	0.8	1.5	0.31
Niacin	mg NE	10.6	20.	4.2
Pantothenic Acid	mg	2.8	5.3	1.1
Vitamin B6	mg	1.1	2.1	0.4
Biotin	µg	30.	56.	12.
Folic Acid	µg	110.	208.	44.
Vitamin B12	µg	1.3	2.5	0.5
Vitamin C	mg	40.	75.	16.
Vitamin D	µg	2.5	4.8	1.
Vitamin E	mg TE	6.9	13.	2.7
Vitamin K	µg	36.	68.	14.
Calcium	mg	380.	720.	150.
Chromium	µg	18.6	35.	7.3
Copper	mg	0.8	1.5	0.3
Iodine	µg	73.	138.	29.
Iron	mg	8.	15.	3.1
Magnesium	mg	160.	300.	63.
Manganese	mg	0.9	1.7	0.4
Molybdenum	µg	16.	30.	6.3
Phosphorus	mg	330.	625.	130.
Selenium	µg	26.	49.	10.
Zinc	mg	4.7	8.8	1.8
Potassium	mg	830.	1570.	330.
Chloride	mg	860.	1620.	340.
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Milk Proteins (22.7%) (Calcium Caseinate, Whey Protein, Casein Acid), Corn Starch, Hydrolyzed Beef Collagen, Minerals (Potassium Phosphate, Sodium Chloride, Calcium Citrate, Magnesium Citrate, Potassium Citrate, Ferric Pyrophosphate, Calcium Carbonate, Zinc Sulfate, Calcium Phosphate, Copper Gluconate, Manganese Sulfate, Potassium Iodide, Sodium Selenite, Chromium Chloride, Sodium Molybdate), Thickener (1442), Vegetable Oils (Low Erucic Acid Rapeseed Oil, Sunflower Oil), Vegetable Gum, Maltodextrin (Corn), Fruto-Oligosaccharide, Glucose Syrup (Corn), Flavouring, Inulin, emulsifier (Soya Lecithin, 472c, 433), Parsley, Vitamins (Sodium Ascorbate, Vitamin E Acetate, Nicotinamide, Calcium Pathothenate, Pyridoxine Hydrochloride, Ascorbic Acid, Riboflavin, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin), Sweetener (Acesulfame Potassium), Antioxidant (Mixed Tocopherols Concentrate, 304), Colour (Curcumin).

Allergen information: Contains milk and soyabean products. May contain traces of egg products.

OPTIFAST® 瘦身濃湯代餐 (馬鈴薯味) - 營養資料
OPTIFAST® weightloss Soup (Potato and Leek) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	843.	1590.	333.
Energy	Cal	201.	379.	79.
Protein	g	20.4	38.5	8.1
- Collagen	g	8.2	15.5	3.3
Fat, Total	g	4.3	8.1	1.7
- Saturated	g	0.5	0.9	0.2
- Linoleic Acid	g	1.2	2.3	0.5
- α-Linolenic Acid	mg	201.	380.	80.
Carbohydrate	g	18.3	34.5	7.2
- Sugars	g	1.6	3.	0.6
- Lactose	g	0.3	0.5	0.1
Dietary Fibre	g	3.6	6.8	1.4
Sodium	mg	625.	1180.	250.
Vitamin A	µg RE	320.	604.	127.
Thiamin (B1)	mg	0.55	1.	0.22
Riboflavin (B2)	mg	0.8	1.5	0.31
Niacin	mg NE	10.6	20.	4.2
Pantothenic Acid	mg	2.8	5.3	1.1
Vitamin B6	mg	1.1	2.1	0.4
Biotin	µg	30.	56.	12.
Folic Acid	µg	110.	208.	44.
Vitamin B12	µg	1.3	2.5	0.5
Vitamin C	mg	40.	75.	16.
Vitamin D	µg	2.5	4.8	1.
Vitamin E	mg TE	6.9	13.	2.7
Vitamin K	µg	45.	85.	18.
Calcium	mg	380.	720.	150.
Chromium	µg	20.1	38.	8.
Copper	mg	0.8	1.5	0.3
Iodine	µg	73.	138.	29.
Iron	mg	8.	15.	3.1
Magnesium	mg	160.	300.	63.
Manganese	mg	0.9	1.7	0.4
Molybdenum	µg	17.	32.	6.7
Phosphorus	mg	330.	625.	130.
Selenium	µg	26.	49.	10.
Zinc	mg	4.7	8.8	1.8
Potassium	mg	830.	1570.	330.
Chloride	mg	850.	1600.	335.
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Milk Proteins (23.2%) (Calcium Caseinate, Whey Protein, Casein Acid), Modified Starch, Hydrolyzed Beef Collagen, Vegetables (Potato, Leek, Spinach), Minerals (Sodium Chloride, Potassium Phosphate, Magnesium Citrate, Potassium Citrate, Calcium Citrate, Calcium Phosphate, Ferric Pyrophosphate, Zinc Sulfate, Copper Gluconate, Magnesium Sulfate, Potassium Iodide, Sodium Selenite, Chromium Trichloride, Sodium Molybdate), Vegetable Oils (Low Erucic Acid Rapeseed Oil, Sunflower Oil), Maltodextrin (Corn, Tapioca, Potato), Vegetable Gum (414), Fructo-Oligosaccharide, Inulin, Emulsifier (Soya Lecithin, 472c, 471, 433), Flavourings, Chive, Vitamins (Sodium Ascorbate, Vitamin E Acetate, Nicotinamide, Calcium Pantothenate, Vitamin C, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Vitamins A Acetate, Folic Acid, Phytomenadione, Biotin, Cholecalciferol, Cyanocobalamin), Sweetener (Acesulfame Potassium), Antioxidant (Mixed Tocopherols Concentrate, 304), Colour (Curcumin).

Allergen information: Contains milk and soyabean products. May contain traces of tree nut products.

OPTIFAST® 高蛋白瘦身代餐 (朱古力味) - 營養資料
OPTIFAST® Protein Plus Weightloss Shak (Chocolate) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	1050.	1660.	430.
Energy	Cal	250.	396.	103.
Protein	g	28.	44.4	11.5
Fat, Total	g	5.6	8.9	2.3
- Saturated	g	0.8	1.2	0.3
- Linoleic Acid	g	1.6	2.6	0.7
- α-Linolenic Acid	mg	230.	365.	94.
Carbohydrate	g	20.	31.7	8.2
- Sugars	g	1.9	3.1	0.8
- Lactose	g	0.63	1.	0.26
- Galactose	g	0.06	0.1	0.02
Dietary Fibre	g	3.6	5.7	1.5
Sodium	mg	270.	430.	110.
Vitamin A	µg RE	320.	508.	131.
Thiamin (B1)	mg	0.6	0.95	0.25
Riboflavin (B2)	mg	0.8	1.27	0.33
Niacin	mg NE	14.5	23.	5.9
Pantothenic Acid	mg	3.	4.8	1.2
Vitamin B6	mg	1.2	1.9	0.5
Biotin	µg	30.	47.6	12.3
Folic Acid	µg	110.	170.	45.
Vitamin B12	µg	1.5	2.4	0.6
Vitamin C	mg	40.	63.	16.
Vitamin D	µg	3.4	5.4	1.4
Vitamin E	mg TE	7.	11.1	2.9
Vitamin K	µg	36.	57.	14.8
Calcium	mg	380.	600.	160.
Chromium	µg	21.	33.	8.4
Copper	mg	0.9	1.4	0.4
Fluoride	mg	0.9	1.4	0.4
Iodine	µg	78.	124.	32.
Iron	mg	7.7	12.2	3.2
Magnesium	mg	146.	231.	60.
Manganese	mg	1.1	1.8	0.5
Molybdenum	µg	13.5	21.4	5.5
Phosphorus	mg	340.	540.	140.
Selenium	µg	27.	43.	11.
Zinc	mg	4.5	7.1	1.8
Potassium	mg	955.	1515.	390.
Chloride	mg	320.	510.	130.
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Milk proteins (calcium caseinate [25%], sodium caseinate [12%], whey [10%]), maltodextrin (corn), vegetable oil (canola, sunflower), minerals (magnesium citrate, potassium phosphate, potassium citrate, calcium carbonate, potassium chloride, sodium chloride, ferrous Sulphate, zinc sulphate, copper gluconate, manganese sulphate, sodium fluoride, potassium iodide, sodium selenite, sodium molybdate, chromium chloride), cocoa power [4%], vegetable gum (414), fructo-oligosaccharide, Inulin, sugar, glucose syrup (corn), medium chain triglycerides, fish oil, bulking agent (corn starch), sweeteners (aspartame, acesulfame potassium). flavouring, antioxidants (301, 307b, 300, 306), vitamins (sodium ascorbate, nicotinamide, vitamin E acetate, calcium pantothenate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, vitamin A acetate, folic acid, phytomenadione, biotin, cholecalciferol, cyanocobalamin), emulsifiers (soy lecithin).

Allergen information: Contains Milk, Fish and Soyabean Product.

OPTIFAST® 高蛋白瘦身代餐 (呔呢嗶味) - 營養資料

OPTIFAST® Protein Plus Weightloss Shak (Vanilla) - Nutrition Information

Nutrient	Unit	Avg Quantity per Serving	Avg Quantity per 100g	Avg Quantity per 100mL (made up with 200mL water)
Energy	kJ	1050.	1660.	430.
Energy	Cal	250.	396.	103.
Protein	g	28.	44.4	11.5
Fat, Total	g	5.6	8.9	2.3
- Saturated	g	0.8	1.2	0.3
- Linoleic Acid	g	1.6	2.6	0.7
- α-Linolenic Acid	mg	230.	365.	94.
Carbohydrate	g	20.	31.7	8.2
- Sugars	g	2.2	3.5	0.9
- Lactose	g	0.63	1.	0.26
- Galactose	g	0.06	0.1	0.02
Dietary Fibre	g	3.6	5.7	1.5
Sodium	mg	270.	430.	110.
Vitamin A	µg RE	320.	508.	131.
Thiamin (B1)	mg	0.6	0.95	0.25
Riboflavin (B2)	mg	0.8	1.27	0.33
Niacin	mg NE	14.5	23.	5.9
Pantothenic Acid	mg	3.	4.8	1.2
Vitamin B6	mg	1.2	1.9	0.5
Biotin	µg	30.	47.6	12.3
Folic Acid	µg	110.	170.	45.
Vitamin B12	µg	1.5	2.4	0.6
Vitamin C	mg	40.	63.	16.
Vitamin D	µg	3.4	5.4	1.4
Vitamin E	mg TE	7.	11.1	2.9
Vitamin K	µg	36.	57.	14.8
Calcium	mg	380.	600.	160.
Chromium	µg	10.	16.	4.1
Copper	mg	0.8	1.3	0.3
Fluoride	mg	0.9	1.4	0.4
Iodine	µg	78.	124.	32.
Iron	mg	7.2	11.4	3.
Magnesium	mg	146.	231.	60.
Manganese	mg	1.	1.6	0.4
Molybdenum	µg	13.	20.6	5.3
Phosphorus	mg	330.	520.	140.
Selenium	µg	27.	43.	11.
Zinc	mg	4.4	7.	1.8
Potassium	mg	955.	1515.	390.
Chloride	mg	320.	510.	130.
Gluten	mg/kg	Nil Detected	Nil Detected	Nil Detected

Ingredient

Milk proteins (calcium caseinate [25%], sodium caseinate [12%], whey [11%]), maltodextrin (corn), vegetable oil (canola, sunflower), minerals (magnesium citrate, potassium phosphate, potassium citrate, calcium carbonate, potassium chloride, sodium chloride, ferrous sulphate, zinc sulphate, copper gluconate, manganese sulphate, sodium fluoride, potassium iodide, sodium selenite, sodium molybdate, chromium chloride), vegetable gum (414), fructo-oligosaccharide, inulin, sugar, glucose syrup (corn), medium chain triglycerides, fish oil, bulking agent (corn starch), flavouring, sweeteners (aspartame, acesulfame potassium), colour (curcumin, pectin), antioxidants (301, 307b, 300, 306), vitamins (sodium ascorbate, nicotinamide, vitamin E acetate, calcium pantothenate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, vitamin A acetate, folic acid, phytomenadione, biotin, cholecalciferol, cyanocobalamin), emulsifiers (soy lecithin).

Allergen information: Contains Milk, Fish and Soyabean Product.