

# Nutrition Information

Servings Per Container: 14

Serving Size: 3 Scoops (61 g)

	Average quantity per serving	Average quantity per 100 g
Energy	1016 kJ (243 Cal)	1666 kJ (398 Cal)
Protein	21 g	34 g
Fat, Total	9 g	15 g
- Saturated	2 g	3 g
- Trans	0 g	0 g
- Polyunsaturated	2 g	3 g
- Monounsaturated	5 g	8 g
Cholesterol	55 mg	90 mg
Carbohydrate	25 g	41 g
- Sugars	10 g	16 g
Dietary Fibre, Total	9 g	15 g
- Soluble Fibre	1 g	2 g
Sodium	263 mg	431 mg
Potassium	652 mg	1069 mg
Vitamin A	205 µg (27% RDI*)	336 µg
Vitamin D	3 µg (30% RDI*)	5 µg
Vitamin E	3 mg (30% RDI*)	5 mg
Vitamin C	18 mg (45% RDI*)	30 mg
Thiamin	0.3 mg (27% RDI*)	0.5 mg
Riboflavin	0.4 mg (24% RDI*)	0.7 mg
Niacin	3 mg (30% RDI*)	5 mg
Vitamin B6	0.4 mg (25% RDI*)	0.7 mg
Folate	63 µg (32% RDI*)	103 µg
Vitamin B12	0.5 µg (25% RDI*)	0.8 µg
Calcium	291 mg (36% RDI*)	477 mg
Phosphorus	281 mg (28% RDI*)	461 mg
Iron	3 mg (25% RDI*)	5 mg
Magnesium	117 mg (37% RDI*)	192 mg
Zinc	3 mg (25% RDI*)	5 mg
Iodine	38 µg (25% RDI*)	62 µg
Glycaemic Index	11 [Low]	11 [Low]

\*Recommended Dietary Intake (Aust/NZ)

**Ingredients:** Whey Protein Concentration, Fibre Blend (Resistant Tapioca Starch, Fructooligosaccharide, Organic Agave Inulin, Sugarcane Fibre, Blueberry Fibre, Apple Fibre, Raspberry Fibre), Fructose, Sunflower Oil, Maltodextrin, Cocoa processed with alkali, Deoiled Sunflower Lecithin, Natural Flavours, Vitamin & Mineral Blend (Dipotassium Phosphate, Tricalcium Phosphate, Magnesium Oxide, Ascorbic Acid, Niacinamide, D-alpha-Tocopherol Acetate, Zinc Gluconate, B-2 Riboflavin, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Vitamin A Acetate, Folic Acid, Potassium Iodide, Ferrous Fumarate, Vitamin D3, Cyanocobalamin), Flaxseed, Sodium Carboxymethylcellulose, Modified Food Starch, Sea Salt, Xanthan Gum, Mono & Diglycerides, Monk Fruit Extract, Stevia, Gum Arabic.

**Contains:** Milk.

†No gluten-containing ingredients are used in this product.  
Produced on equipment that also processes milk and soy.

Store at room temperature (25 °C).

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Made in USA

The glycemic index is a ranking of carbohydrates according to their effect on blood glucose levels.

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