

# boost<sup>®</sup>

## DRINKS

Great tasting,  
complete nutrition.

### NUTRITION INFORMATION Vanilla Drink Serving Size 60g

	Ave Qty per serve	Ave Qty per 100g
Energy	928kj (222 cal)	1546kj (370 cal)
Protein	14.9g	24.8g
Fat, Total	1.3g	2.2g
Saturated	1.2g	2.0g
Carbohydrate	36.0g	60.0g
Sugars	34.8g	58.0g
Dietary Fibre	1.6g	2.6g

MICRONUTRIENTS	Ave Qty per serve	% RDI per serve	Ave Qty per 100g
Sodium	218mg		259mg
Potassium	635mg		640mg
Magnesium	160mg	50%	371mg
Calcium	400mg	50%	1143mg
Phosphorus	250mg	25%	974mg
Iron	4.8mg	40%	5.0mg
Zinc	4.8mg	40%	8.6mg
Iodine	75ug	50%	214ug
Vitamin A	300ug	40%	857ug
Thiamine (B1)	0.55mg	50%	1.6mg
Riboflavin (B2)	0.85mg	50%	2.4mg
Niacin (B3)	5.0mg	50%	14mg
Vitamin B12	1ug	50%	2.8ug
Vitamin C	20mg	50%	57mg
Vitamin D	5ug	50%	14ug
Vitamin E	5ug	50%	14mg
Vitamin B6	0.8mg	50%	2.3mg
Folic Acid	100ug	50%	286ug
Vitamin K	40ug	50% (ESADDI)	66.6ug
Manganese	0.85ug	17% (ESADDI)	1.41ug
Copper	0.5mg	17% (ESADDI)	0.8mg
Selenium	9ug	13%	15ug
Chromium	34ug	17% (ESADDI)	56.6ug
Molybdenum	42.5ug	17% (ESADDI)	70.8ug

AMINO ACIDS	Ave Qty per serve	AMINO ACIDS	Ave Qty per serve
Lysine	1250mg	Proline	1450mg
Alanine	490mg	Cystine	178mg
Glutamic Acid	3200mg	Tryptophan	208mg
Glycine	282mg	Valine	950mg
Histidine	401mg	Tyrosine	786mg
Isoleucine	786mg	Arginine	549mg
Leucine	1420mg	Threonine	668mg
Methionine	415mg	Serine	831mg
Phenylalanine	727mg	Aspartic Acid	1160mg



**HIGH CALCIUM** to support & maintain bone structure & strength



**HIGH PROTEIN** to assist with maintaining muscle mass, tissue building and repair.



928kj

**HIGH ENERGY** to help achieve & maintain a healthy weight.



**INULIN FIBRE** a prebiotic that stimulates healthy gut bacteria to aid digestion for good digestive health.



**INGREDIENTS (Vanilla Drink)** Skim Milk Powder, Sucrose, Beverage Whitener (Milk, Soy), Inulin, Minerals (Phosphorous, Magnesium, Zinc, Iron, Manganese, Copper, Iodine, Molybdenum, Chromium, Selenium), Flavour, Vitamins (C, E, B3, B2, B5, B6, B1, A, Folic Acid, K, Biotin, D, B12). Contains Milk & Soy.

*Dr. MacLeod's*  
MEDICAL FOODS Est. 1992

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