

# VLCD/VLED

## Ingredient and Nutrition Information: Bars (Choc Caramel)

Choc Caramel Bar Average	Per Serve (50g)	per 100g	Per MJ
Energy	850kJ (212Cal)	1700kJ (387Cal)	1000kJ (239Cal)
Protein	13.3g	26.5g	15.6g
Fat (Total)	8.5g	16.9g	9.9g
- Saturated	4.0g	8.0g	4.7g
Carbohydrate Total	17.7g	35.4g	20.8g
- Sugars	12.6g	25.2g	14.8g
Dietary Fibre	5.2g	10.3g	6.1g
Sodium	112mg	224mg	132g
Potassium	242mg	484mg	285mg

Vitamins	Per serve	RDI/ESADDI <sup>#</sup>	per MJ
Vitamin A	450ug	60% RDI	529ug
Vitamin D	5.0ug	50% RDI	5.8ug
Vitamin E	6.0mg	60% RDI	7.1ug
Vitamin C	32.0mg	80% RDI	37.6mg
Thiamin (B1)	0.66mg	60% RDI	0.8mg
Riboflavin B2	1.0mg	60% RDI	1.2mg
Niacin (B3)	8.0mg	80% RDI	9.4mg
Vitamin B6	1.3mg	80% RDI	1.5mg
Vitamin B12	1.5ug	75% RDI	1.7ug
Folic Acid (B9)	180ug	90% RDI	211.7ug
Biotin	90.0ug	300% ESADDI	105.8ug
Vitamin K	45ug	56% ESADDI	53ug
Pantothenate (B5)	3.0mg	60% ESADDI	4.71mg
<b>Minerals</b>			
Calcium	400mg	50% RDI	470mg
Phosphorus	400mg	40%RDI	470mg
Iron	9.6mg	80% RDI	11.3mg
Iodine	90ug	60% RDI	105.9ug
Magnesium	193mg	60% RDI	227mg
Copper	1.2mg	40% ESADDI	1.4mg
Zinc	7.2mg	60% RDI	8.5mg
Manganese	1.5mg	30% ESADDI	1.8mg
Chromium	50.0ug	25% ESADDI	58.8ug
Selenium	35ug	50% RDI	41.2ug
Molybdenum	90.0ug	36% ESADDI	105.9ug



## INGREDIENTS (all flavours)

### FRUIT & NUT

Seeds 13% (Sunflower Seed, Pumpkin Seed, Chia Seeds), Grains 12% (Oats, Wheat Flakes (Wheat, Salt, Niacin, Vitamin B1, Vitamin B2, Folate), Glucose Syrup, Brown Rice Syrup, Polydextrose, Soy Protein Concentrate, Nuts 10% (Cashews, Almonds), Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Figs, Vitamin and mineral premix, Currants, Honey, Sunflower Oil, Cinnamon.  
Allergens: Contains gluten, tree nuts (cashews, almonds) and soy

### CARAMEL & PEANUT

Protein Blend 28% (Milk Protein Concentrate, Whey Protein Hydrolysate, Soy Protein Isolate, Soy Protein Concentrate, Calcium Caseinate), Choc Compound 20% (Sugar, Vegetable Fat, Milk Solids, Cocoa Powder, Soy Lecithin, Flavour), Polydextrose, Brown Rice Syrup, Tahini, Coconut 5%, Glycerine, Vitamin and Mineral Premix, Cocoa powder 4%, Sugar, Sunflower Oil, Natural Flavours.  
Allergens: Contains sesame seeds, milk and soy

### CHOC FUDGE COCONUT

Ingredients: Protein Blend 28% (Milk Protein Concentrate, Whey Protein Hydrolysate, Soy Protein Isolate, Soy Protein Concentrate, Calcium Caseinate), Choc Compound 20% (Sugar, Vegetable Fat, Milk Solids, Cocoa Powder, Soy Lecithin, Flavour), Polydextrose, Brown Rice Syrup, Tahini, Coconut 5%, Vitamin and mineral premix, Glycerine, Cocoa powder 4%, Sugar, Sunflower Oil, Natural Flavours.  
Contains sesame seeds, milk and soy.

### LEMON CASHEW

Ingredients: Nuts 14% (Cashew 8%, peanuts), Seeds 11% (Pumpkin Seed, Chia Seeds), Soy Protein Concentrate, Glucose, Brown Rice Syrup, Coconut, Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Oats, Polydextrose, Vitamin and mineral premix, Honey, Soy Protein Isolate, Quinoa, Sunflower Oil, Lemon Oil 0.15%.  
Contains peanuts, tree nuts (cashews) gluten and soy.

\*when prepared as directed

<sup>#</sup>RDI—Recommended Daily Intake (Australia);

ESADDI—Estimated Safe & Adequate Daily Dietary Intake (Australia)

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