



boost[®]

NEUTRAL

An easy to use, versatile supplement to boost the nutrition of foods and drinks.



VERSATILE Add to sweet or savoury, hot or cold foods & beverages without altering flavour.



HIGH CALCIUM to support & maintain bone structure & strength



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



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.

NUTRITION INFORMATION Serving Size 38g

	Ave Qty per serve	Ave Qty per 100g
Energy	622kJ (149 cal)	1640kJ (391 cal)
Protein	15.7g	41.5g
Fat, Total	4.2g	11.2g
Saturated	3.1g	8.2g
Carbohydrate	10.0g	26.2g
Sugars	8.1g	21.5g
Dietary Fibre	3.5g	9.2g

MICRONUTRIENTS	Ave qty/serve	% RDI per serve	Ave qty/serve
Sodium	91mg		259mg
Potassium	243mg		640mg
Magnesium	141mg	44%	371mg
Calcium	434mg	54%	1143mg
Phosphorus	370mg	37%	974mg
Iron	2.0mg	16%	5.0mg
Zinc	3.3mg	27%	8.6mg
Iodine	81.4ug	54%	214ug
Vitamin A	325ug	43%	857ug
Thiamin	0.6mg	54%	1.6mg
Riboflavin	0.9mg	54%	2.4mg
Niacin	5.4mg	54%	14mg
Vitamin B12	1.1ug	54%	2.8ug
Vitamin C	21.7mg	54%	57mg
Vitamin D	5.4ug	54%	14ug
Vitamin E	5.4mg	54%	14mg
Vitamin B6	0.9mg	54%	2.3mg
Folate	108.6ug	54%	286ug

AMINO ACIDS	Ave qty/serve		Ave qty/serve
Lysine	1292mg	Proline	982mg
Alanine	711mg	Cystine	370mg
Glutamic Acid	2670mg	Tryptophan	279mg
Glycine	290mg	Valine	897mg
Histidine	295mg	Tyrosine	530mg
Isoleucine	944mg	Arginine	412mg
Leucine	1563mg	Threonine	974mg
Methionine	369mg	Serine	761mg
Phenylalanine	521mg	Aspartic Acid	1509mg
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

drmacleods.com.au

Oltra; 2/11 Endeavour Drive Kunda Park QLD 4556

T: 07 5445 4460 E: admin@oltra.com.au

Dr. MacLeod's[®]
Est. 1992