



# boost<sup>®</sup>

## JELLIES

Fruity, complete nutrition.



**FRUITY AND TANGY** ideal for those with reduced taste sensitivity due to medication or age.



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



**VITAMINS & MINERALS** to provide 50% daily requirements per serve.



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

**Ingredients (Raspberry Jelly)** Sucrose, Whey Protein Concentrate (Milk), Gelatin, Acidity Regulators (330, 331), Minerals (Calcium, Magnesium, Iron, Zinc, Selenium, Chromium, Manganese, Copper, Iodine, Molybdenum), Inulin, Flavour, Dextrose, Anticaking Agent (341), Vitamins (C, E, B3, B2, B5, B6, B1, A, Folic Acid, K, Biotin, D, B12), Colour (122) **Contains Milk**

**NUTRITION INFORMATION Raspberry Jelly** Serving Size 70g  
**Ave Qty per serve** **Ave Qty per 100g**  
 Energy 1090kJ (260 cal) 1557kJ (371 cal)

|               |       |       |
|---------------|-------|-------|
| Protein       | 13.1g | 18.7g |
| Fat, Total    | 0.9g  | 1.3g  |
| Saturated     | 0.5g  | 0.7g  |
| Carbohydrate  | 48.2g | 68.9g |
| Sugars        | 47.8g | 68.2g |
| Dietary Fibre | 1.5g  | 2.1g  |

| MICRONUTRIENTS  | Ave Qty per serve | % RDI per serve | Ave Qty per 100g |
|-----------------|-------------------|-----------------|------------------|
| Sodium          | 233mg             |                 | 333mg            |
| Potassium       | 236mg             |                 | 337mg            |
| Magnesium       | 160mg             | 50%             | 228mg            |
| Calcium         | 400mg             | 50%             | 571mg            |
| Phosphorus      | 250mg             | 25%             | 357mg            |
| Iron            | 4.8mg             | 40%             | 6.8mg            |
| Zinc            | 4.8mg             | 40%             | 6.8mg            |
| Iodine          | 75ug              | 50%             | 107ug            |
| Vitamin A       | 300ug             | 40%             | 428ug            |
| Thiamine (B1)   | 0.55mg            | 50%             | 0.79mg           |
| Riboflavin (B2) | 0.85mg            | 50%             | 1.2mg            |
| Niacin (B3)     | 5.0mg             | 50%             | 7.1mg            |
| Vitamin B12     | 1ug               | 50%             | 1.4ug            |
| Vitamin C       | 20mg              | 50%             | 28.5mg           |
| Vitamin D       | 5ug               | 50%             | 7.1ug            |
| Vitamin E       | 5ug               | 50%             | 7.1mg            |
| Vitamin B6      | 0.8g              | 50%             | 1.1mg            |
| Folic Acid      | 100ug             | 50%             | 143ug            |
| Vitamin K       | 40ug              | 50% (ESADDI)    | 57.1mg           |
| Manganese       | 0.85mg            | 17% (ESADDI)    | 1.21ug           |
| Copper          | 0.5mg             | 17% (ESADDI)    | 0.71mg           |
| Selenium        | 9ug               | 13%             | 12.8ug           |
| Chromium        | 34ug              | 17% (ESADDI)    | 48.5mg           |
| Molybdenum      | 42.5ug            | 17% (ESADDI)    | 60.7ug           |

| AMINO ACIDS   | Ave qty/serve | AMINO ACIDS   | Ave qty/serve |
|---------------|---------------|---------------|---------------|
| Lysine        | 942mg         | Proline       | 985mg         |
| Alanine       | 776mg         | Cystine       | 143mg         |
| Glutamic Acid | 2060mg        | Tryptophan    | 169mg         |
| Glycine       | 937mg         | Valine        | 418mg         |
| Histidine     | 175mg         | Tyrosine      | 231mg         |
| Isoleucine    | 445mg         | Arginine      | 454mg         |
| Leucine       | 1060mg        | Threonine     | 652mg         |
| Methionine    | 232mg         | Serine        | 710mg         |
| Phenylalanine | 325mg         | Aspartic Acid | 1360mg        |

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