



# boost<sup>®</sup>

## SOUPS

Savoury, complete nutrition.



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



**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 (Pumpkin Soup)** Pumpkin Powder 25% (Pumpkin, Maize Starch, Maltodextrin), Beverage Whitener [Glucose Syrup Solids, Hydrogenated Vegetable Oil, Milk Protein, Mineral Salts (340, 451, 452), Emulsifiers (471, 481, Soy Lecithin), Anti-Caking Agent (551), Flavour], Wheat Protein, Soy Protein [Soy Isolate, Emulsifier (Soy Lecithin)], Natural Flavour Enhancer (Soy, Wheat), Minerals (Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Selenomethionine, Chromium Chloride, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate), Onion Powder, Tomato Powder, Inulin, Whey Protein Hydrolysate (Milk), Spice, Beetroot Powder, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12), Herbs. **Contains Wheat, Milk & Soy.**

### NUTRITION INFORMATION Pumpkin Soup Serving Size 50g

	Ave Qty per serve	Ave Qty per 100g
Energy	858kJ (205 cal)	1720kJ (410 cal)
Protein	14.8g	29.6g
Fat, Total	5.7g	11.4g
Saturated	4.7g	9.3g
Carbohydrate	22.7g	45.4g
Sugars	4.2g	8.3g
Dietary Fibre	1.4g	2.8g

MICRONUTRIENTS	Ave Qty per serve	% RDI per serve	Ave Qty per 100g
Sodium	409mg		818mg
Potassium	12mg		24mg
Magnesium	160mg	50%	320mg
Calcium	400mg	50%	800mg
Phosphorous	300mg	25%	600mg
Iron	4.8mg	40%	9.6mg
Zinc	4.8mg	40%	9.6mg
Iodine	75ug	50%	150ug
Vitamin A	300ug	40%	600ug
Thiamine (B1)	0.55mg	50%	1.1mg
Riboflavin (B2)	0.85mg	50%	1.7mg
Niacin (B3)	5.0mg	50%	10mg
Vitamin B12	1ug	50%	2.0ug
Vitamin C	20mg	50%	40mg
Vitamin D	5ug	50%	10ug
Vitamin E	5mg	50%	10.0mg
Vitamin B6	0.8mg	50%	1.6mg
Folic Acid	100ug	50%	200ug
Vitamin K	40ug	50% (ESADDI)	80ug
Manganese	0.85mg	17% (ESADDI)	1.7mg
Copper	0.5mg	17% (ESADDI)	1.0mg
Selenium	9ug	13%	18ug
Chromium	34ug	17% (ESADDI)	68ug
Molybdenum	42.5ug	17% (ESADDI)	85ug

AMINO ACIDS	Ave qty/serve	AMINO ACIDS	Ave qty/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

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Est. 1992