

VLED Choc Fudge & Coconut Bar

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	874kJ (209Cal)	1680kJ (402Cal)	1000kJ (239Cal)
Protein	13.8g	26.5g	15.8g
Fat (Total)	8.3g	15.9g	9.5g
Saturated	5.0g	9.7g	5.7g
Carbohydrate Total	19.4g	37.3g	22.2g
Sugars	11.0g	21.1g	12.6g
Dietary Fibre	6.5g	12.5g	7.4g
Sodium	73mg	141mg	83.5mg
Potassium	323mg	621mg	396.6mg



Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	514ug
Vitamin D	5.0ug	50% RDI	5.7ug
Vitamin E	6.0mg	60% RDI	6.9ug
Vitamin C	32.0mg	80% RDI	36.6mg
Thiamin (B1)	0.66mg	60% RDI	0.8mg
Riboflavin (B2)	1.0mg	60% RDI	1.1mg
Niacin (B3)	8.0mg	80% RDI	9.2mg
Vitamin B6	1.3mg	80% RDI	1.5mg
Vitamin B12	1.5ug	75% RDI	1.7ug
Folic Acid (B9)	180ug	90% RDI	205.9ug
Biotin	90.0ug	300% ESADDI	103ug
Vitamin K	45ug	56% ESADDI	51.5ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.4mg
Minerals			
Calcium	400mg	50% RDI	457.7mg
Phosphorus	400mg	40% RDI	457.7mg
Iron	9.6mg	80% RDI	11.0mg
Iodine	90ug	60% RDI	103.3ug
Magnesium	193mg	60% RDI	220.8mg
Copper	1.2mg	40% ESADDI	1.4mg
Zinc	7.2mg	60% RDI	8.2mg
Manganese	1.5mg	30% ESADDI	1.7mg
Chromium	50.0ug	25% ESADDI	57.2ug
Selenium	35ug	50% RDI	40.0ug
Molybdenum	90.0ug	36% ESADDI	103ug

How to enjoy your VLED Bar

Consume one VLED bar to replace a meal as directed.

Please note: Contains natural ingredients that may contain traces of seed, pip shell and stones.

INGREDIENTS

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 (Ground sesame seeds), Coconut 5%, Glycerine, Vitamin and mineral premix, Cocoa powder 4%, Sugar, Sunflower Oil, Natural Flavours. Contains sesame seeds, milk and soy.

*when prepared as directed

#RDI—Recommended Daily Intake (Australia); ESADDI—Estimated Safe & Adequate Daily Dietary Intake (Australia)

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Est. 1992