

VLED Cranberry & Choc Bar

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	896kJ (214Cal)	1660kJ (397Cal)	1000kJ (239Cal)
Protein	12.1g	22.4g	15.4g
Fat (Total)	6.7g	12.4g	9.3g
Saturated	3.0g	5.6g	5.6g
Carbohydrate Total	27.0g	50g	21.7g
Sugars	17.2g	31.9g	12.3g
Dietary Fibre	1.1g	2.0g	7.3g
Sodium	229mg	424mg	81.5mg
Potassium	133mg	245mg	360.5mg



Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	502ug
Vitamin D	5.0ug	50% RDI	5.6ug
Vitamin E	6.0mg	60% RDI	6.7ug
Vitamin C	32.0mg	80% RDI	35.7mg
Thiamin (B1)	0.66mg	60% RDI	0.7mg
Riboflavin (B2)	1.0mg	60% RDI	1.1mg
Niacin (B3)	8.0mg	80% RDI	8.9mg
Vitamin B6	1.3mg	80% RDI	1.5mg
Vitamin B12	1.5ug	75% RDI	1.7ug
Folic Acid (B9)	180ug	90% RDI	200.9ug
Biotin	90.0ug	300% ESADDI	100.4ug
Vitamin K	45ug	56% ESADDI	50.2ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.3mg
Minerals			
Calcium	400mg	50% RDI	446mg
Phosphorus	400mg	40%RDI	446mg
Iron	9.6mg	80% RDI	10.7mg
Iodine	90ug	60% RDI	100.4ug
Magnesium	193mg	60% RDI	215mg
Copper	1.2mg	40% ESADDI	1.3mg
Zinc	7.2mg	60% RDI	8.0mg
Manganese	1.5mg	30% ESADDI	1.7mg
Chromium	50.0ug	25% ESADDI	55.8ug
Selenium	35ug	50% RDI	39.1ug
Molybdenum	90.0ug	36% ESADDI	100.4ug

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

CRANBERRY AND CHOC

Glucose (corn), Milk Compound Coating 15% (Sugar, Vegetable Fat, Milk Solids, Cocoa Powder 5%, Soy Lecithin, Flavour), Soy protein isolate, Milk protein, Tahini (Ground Sesame Seeds), Sugar, Vitamin and Mineral premix, Cranberry 4% (Cranberry, sugar, oil), Sunflower oil, Glycerine, Flavour, Citric acid E330, Soy Lecithin.

Contains soy, sesame seeds and milk.

*when prepared as directed

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

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