

# VLED Fruit & Nut Bar

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	8542kJ (201Cal)	1530kJ (365Cal)	1000kJ (239Cal)
Protein	13.0g	23.6g	15.4g
Fat (Total)	7.6g	13.8g	9.0g
Saturated	1.0g	1.9g	1.2g
Carbohydrate Total	20.2g	36.7g	23.8g
Sugars	7.8g	14.1g	9.2g
Dietary Fibre	7.2g	13.0g	8.5g
Sodium	120mg	219mg	142g
Potassium	151mg	274mg	178mg



Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	534ug
Vitamin D	5.0ug	50% RDI	5.9ug
Vitamin E	6.0mg	60% RDI	7.1ug
Vitamin C	32.0mg	80% RDI	38.0mg
Thiamin (B1)	0.66mg	60% RDI	0.78mg
Riboflavin (B2)	1.0mg	60% RDI	1.1mg
Niacin (B3)	8.0mg	80% RDI	9.5mg
Vitamin B6	1.3mg	80% RDI	1.5mg
Vitamin B12	1.5ug	75% RDI	1.7ug
Folic Acid (B9)	180ug	90% RDI	213.7ug
Biotin	90.0ug	300% ESADDI	106.8ug
Vitamin K	45ug	56% ESADDI	53.4ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.56mg
<b>Minerals</b>			
Calcium	400mg	50% RDI	475mg
Phosphorus	400mg	40% RDI	475mg
Iron	9.6mg	80% RDI	11.4mg
Iodine	90ug	60% RDI	106.8ug
Magnesium	193mg	60% RDI	229mg
Copper	1.2mg	40% ESADDI	1.4mg
Zinc	7.2mg	60% RDI	8.6mg
Manganese	1.5mg	30% ESADDI	1.7mg
Chromium	50.0ug	25% ESADDI	59.3ug
Selenium	35ug	50% RDI	41.5ug
Molybdenum	90.0ug	36% ESADDI	106.8ug

## 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

Seeds 13% (Sunflower Seed, Pumpkin Seed, Chia Seeds), Grains 12% (Oats, Wheat Flakes (Wheat, Salt, Niacin, Vitamin B1, Vitamin B2, Folate), Glucose Syrup, Brown Rice Syrup, Polydextrose, Soy Protein Concentrate. Nuts 10% (Cashews, Almonds), Soy Protein Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Figs, Currants, Honey, Sunflower Oil, Cinnamon. Allergens: Contains gluten, treenuts (cashews, almonds) and soy

\*when prepared as directed

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

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