

# VLED Chocolate Shake

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	907kJ (217Cal)	1650kJ (394Cal)	1000kJ (239Cal)
Protein	18.8g	34.2g	20.7g
Fat (Total)	4.6g	8.3g	5.1g
Saturated	4.2g	7.7g	4.7g
Carbohydrate Total	23.0g	41.8g	25.4g
Sugars	17.7g	32.1g	19.5g
Lactose	6.6g	12.1g	7.3g
Dietary Fibre	4.0g	7.3g	4.4g
Sodium	158mg	287mg	174mg
Potassium	272mg	495mg	300mg

Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	496ug
Vitamin D	5.0ug	50% RDI	5.5ug
Vitamin E	6.0mg	60% RDI	6.6ug
Vitamin C	32.0mg	80% RDI	35.3mg
Thiamin (B1)	0.66mg	60% RDI	0.73mg
Riboflavin (B2)	1.0mg	60% RDI	1.1mg
Niacin (B3)	8.0mg	80% RDI	8.8mg
Vitamin B6	1.3mg	80% RDI	1.4mg
Vitamin B12	1.5ug	75% RDI	1.6ug
Folic Acid (B9)	180ug	90% RDI	198ug
Biotin	90.0ug	300% ESADDI	99.2ug
Vitamin K	45ug	56% ESADDI	49.6ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.3mg

#### Minerals

Calcium	400mg	50% RDI	441mg
Phosphorus	400mg	40%RDI	441mg
Iron	9.6mg	80% RDI	10.6mg
Iodine	90ug	60% RDI	99.2ug
Magnesium	193mg	60% RDI	212.8mg
Copper	1.2mg	40% ESADDI	1.3mg
Zinc	7.2mg	60% RDI	8.0mg
Manganese	1.5mg	30% ESADDI	1.65mg
Chromium	50.0ug	25% ESADDI	55.1ug
Selenium	35ug	50% RDI	38.5ug
Molybdenum	90.0ug	36% ESADDI	99.2ug

#### Amino Acid Profile Per Serve (55g)

Lysine	1420mg	Proline	1820mg
Alanine	543mg	Cystine	158mg
Glutamic Acid	3820mg	Tryptophan	233mg
Glycine	330mg	Valine	1140mg
Histidine	479mg	Tyrosine	971mg
Isoleucine	920mg	Arginine	653mg
Leucine	1650mg	Threonine	761mg
Methionine	506mg	Serine	993mg
Phenylalanine	881mg	Aspartic Acid	1280mg

\*when prepared as directed

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



## How to Mix your VLED Shake

Pour a minimum of 200mL of chilled water into a shaker or container. Shake vigorously for 45—60 seconds, or for an extra frothy shake use a blender or whisk and mix until completely smooth. Once thoroughly mixed enjoy your Complete Meal Shake within 15 minutes for maximum taste and nutritional benefit.

Handy Hints:

1. Blend or shake with ice cubes.
2. Add more water to taste
3. Enjoy warm: Add contents to 150ml of hot tap water, mix well (do not shake). Add boiling water to 200ml – 300ml according to taste .

## INGREDIENTS

**CHOCOLATE:** Milk Solids [Milk Protein (Calcium Caseinate, Emulsifier (471) (Soy)), Skim Milk Powder], Sucrose, 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], Cocoa Powder (Contains Soy), Inulin, Polydextrose, Minerals (Phosphorous, Magnesium, Calcium, Iron, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Iodine), Flavour, Vitamins (C, E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, A, Folic Acid, K, Biotin, D, B12), Vegetable Gum (415), Marine Oil  
Allergens: Contains Fish, Milk, Soy.

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