

VLED Coffee Shake

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	899kJ (215Cal)	1630kJ	1000kJ
Protein	18.3g	33.2g	20.4g
Fat (Total)	4.5g	8.1g	5.0g
Saturated	4.3g	7.8g	4.8g
Carbohydrate Total	23.2g	42.1g	25.8g
Sugars	17.0g	30.9g	18.9g
Lactose	9.3g	16.8g	10.3g
Dietary Fibre	4.0g	7.3g	4.5g
Sodium	176mg	320mg	196mg
Potassium	245mg	446mg	273mg
Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	500.5ug
Vitamin D	5.0ug	50% RDI	5.5ug
Vitamin E	6.0mg	60% RDI	6.7ug
Vitamin C	32.0mg	80% RDI	35.6mg
Thiamin (B1)	0.66mg	60% RDI	0.73mg
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	200.2ug
Biotin	90.0ug	300% ESADDI	100.1ug
Vitamin K	45ug	56% ESADDI	50.1ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.3mg
Minerals			
Calcium	400mg	50% RDI	445mg
Phosphorus	400mg	40% RDI	445mg
Iron	9.6mg	80% RDI	10.7mg
Iodine	90ug	60% RDI	100.1ug
Magnesium	193mg	60% RDI	214.7mg
Copper	1.2mg	40% ESADDI	1.3mg
Zinc	7.2mg	60% RDI	8.0mg
Manganese	1.5mg	30% ESADDI	1.67mg
Chromium	50.0ug	25% ESADDI	55.6ug
Selenium	35ug	50% RDI	38.9ug
Molybdenum	90.0ug	36% ESADDI	100.1ug
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

COFFEE: Milk Solids [Skim Milk Powder, Milk Protein (Calcium Caseinate, Emulsifier (471) (Soy))], 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], Sucrose, Inulin, Polydextrose, Coffee Powder, Minerals (Phosphorous, Magnesium, Calcium, Iron, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Iodine), Flavour, Vegetable Gum (415), Colour (Contains 150c), Vitamins (C, E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, A, Folic Acid, K, Biotin, D, B12), Marine Oil (Contains Fish, Soy, Milk).

Allergens: Contains Fish, Milk, Soy.

drmacleods.com.au

Oltra; 2/11 Endeavour Drive Kunda Park QLD 4556

T: 07 5445 4460 E: admin@oltra.com.au

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