

VLED Berries & Nuts Bar

For the dietary management of obesity

Average qty*	Per Serve (60g)	per 100g	Per MJ
Energy	882.96kJ	1471.60kJ	1000kJ (239Cal)
Protein	13.17g	21.95g	14.91g
Fat (Total)	8.34g	13.9g	9.44g
Saturated	3.17g	5.29g	3.59g
Carbohydrate Total	20.87g	34.78g	23.63g
Sugars	14.01g	23.35g	15.86g
Dietary Fibre	7.69g	12.82g	8.71g
Sodium	51.29mg	85.49mg	58.09g
Potassium	mg	mg	mg

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
Minerals			
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

*when prepared as directed

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

How to enjoy your VLED Bar

Consume one VLED bar to replace a meal as directed.

Please note: this is a natural product that contains tree nuts, seeds, sesame and may contain traces of seed, shell and stone fragments.

INGREDIENTS

Organic Rice Malt, Natural Prebiotic Fibre (Corn), Cranberries (Cranberries, Cane Sugar, Sunflower Oil), Organic Pea Protein, Organic Rice Protein, Organic Desiccated Coconut, Pepitas, Organic dried strawberries, Roasted **Cashews, Almonds**, Dr. MacLeod's Vitamin and Mineral mix, Strawberry Powder, Naturally Fermented L-Glutamine, Organic **Tahini**, Beetroot Juice, Coconut Oil, Strawberry Flavour, Lactobacillus



HIGH FIBRE **HIGH PROTEIN** **GLUTEN FREE** **DAIRY FREE**



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