

VLED Strawberry Shake

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	890kJ (213Cal)	1620kJ (387Cal)	1000kJ (239Cal)
Protein	18.7g	34.0g	21.0g
Fat (Total)	4.1g	7.5g	4.6g
Saturated	4.0g	7.2g	4.5g
Carbohydrate Total	23.0g	41.8g	25.8g
Sugars	18.2g	33.1g	20.5g
Lactose	12.9g	23.5g	14.5g
Dietary Fibre	4.0g	7.3g	4.5g
Sodium	190mg	346mg	213mg
Potassium	343mg	623mg	385mg

Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	505.6ug
Vitamin D	5.0ug	50% RDI	5.6ug
Vitamin E	6.0mg	60% RDI	6.7ug
Vitamin C	32.0mg	80% RDI	35.9mg
Thiamin (B1)	0.66mg	60% RDI	0.74mg
Riboflavin (B2)	1.0mg	60% RDI	1.1mg
Niacin (B3)	8.0mg	80% RDI	9.0mg
Vitamin B6	1.3mg	80% RDI	1.5mg
Vitamin B12	1.5ug	75% RDI	1.7ug
Folic Acid (B9)	180ug	90% RDI	202ug
Biotin	90.0ug	300% ESADDI	101.1ug
Vitamin K	45ug	56% ESADDI	50.5ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.4mg
Minerals			
Calcium	400mg	50% RDI	445mg
Phosphorus	400mg	40%RDI	445mg
Iron	9.6mg	80% RDI	10.8mg
Iodine	90ug	60% RDI	101.1ug
Magnesium	193mg	60% RDI	216.8mg
Copper	1.2mg	40% ESADDI	1.4mg
Zinc	7.2mg	60% RDI	8.1mg
Manganese	1.5mg	30% ESADDI	1.7mg
Chromium	50.0ug	25% ESADDI	56.2ug
Selenium	35ug	50% RDI	39.3ug
Molybdenum	90.0ug	36% ESADDI	101.1ug

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

STRAWBERRY: 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, Minerals (Phosphorous, Magnesium, Calcium, Iron, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Iodine), Flavour, Vegetable Gum (415), Vitamins (C, E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, A, Folic Acid, K, Biotin, D, B12) Marine Oil (Contains Fish, Soy, Milk), Colour (124).

Allergens: Contains Fish, Milk, Soy.

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