

INGREDIENT

NUTRITION GUIDE



BLUE SPIRULINA

INGREDIENTS

Soluble Corn Fibre, Gardenia Blye Extract, Natural Colour (Spirulina)

ALLERGENS NIL

| NUTRITION INFORMATION | | |
|---------------------------|--------------------------|------------------------|
| Servings per package: 122 | | |
| Serving size: 4 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 34 kJ (8 Cal) | 841 kJ (201 Cal) |
| Protein | 0.1 g | 1.6 g |
| Fat, total | less than 1 g | 0.5 g |
| - saturated | less than 1 g | less than 0.1 g |
| Carbohydrate | less than 1 g | 14.7 g |
| - sugars | 0.1 g | 2.4 g |
| Dietary fibre, total | 2.8 g | 70 g |
| Sodium | less than 5 mg | 48 mg |

CHOCOLATE POWDER

INGREDIENTS

Sugar, Cocoa Powder (30%), Natural Flavour, Salt.

ALLERGENS

MAY CONTAIN TRACES OF MILK.

| NUTRITION INFORMATION | | |
|-------------------------|--------------------------|------------------------|
| Servings per package: 1 | | |
| Serving size: 15 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 243 kJ (58 Cal) | 1620 kJ (387 Cal) |
| Protein | 0.9 g | 6.1 g |
| Fat, total | 1.0 g | 6.4 g |
| - saturated | 0.6 g | 3.7 g |
| Carbohydrate | 10.7 g | 71.3 g |
| - sugars | 10.1 g | 67.3 g |
| Dietary fibre, total | 1.3 g | 8.9 g |
| Sodium | 54 mg | 360 mg |

CARAMEL BLEND

INGREDIENTS

Sugar, glucose syrup solids, vegetable oil, milk solids, flavours, instant coffee, cocoa powder, vegetable gum (412, 407, 415), mineral salts (340, 451, 452), emulsifiers (soy lecithin, 471, 481), colour (150a), salt, anticaking agent (551).

ALLERGENS

CONTAINS MILK, MILK PRODUCTS, AND SOYBEAN PRODUCTS.

| NUTRITION INFORMATION | | |
|--------------------------|--------------------------|------------------------|
| Servings per package: 12 | | |
| Serving size: 80 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 1500 kJ (358 Cal) | 1880 kJ (448 Cal) |
| Protein | 2.3 g | 2.9 g |
| Fat, total | 10.4 g | 13.0 g |
| - saturated | 10.3 g | 12.9 g |
| Carbohydrate | 62.7 g | 78.3 g |
| - sugars | 47.0 g | 58.7 g |
| Sodium | 250 g | 312 mg |

CHOCOLATE COOKIE

INGREDIENTS

Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Raising Agents (500,503), Salt, Emulsifier (Soy Lecithin), Flavour.

ALLERGENS

CONTAINS WHEAT AND SOY.

| NUTRITION INFORMATION | | |
|----------------------------------|--------------------------|------------------------|
| Servings per package: 4.7 | | |
| Serving size: 29 g (3 x cookies) | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 594 kJ (142 Cal) | 2050 kJ (490 Cal) |
| Protein | 1.3 g | 4.6 g |
| Fat, total | 6.0 g | 20.8 g |
| - saturated | 2.9 g | 9.9 g |
| Carbohydrate | 19.5 g | 67.2 g |
| - sugars | 11.1 g | 38.1 g |
| Sodium | 151 mg | 519 mg |

ESPRESSO BLEND

INGREDIENTS

Sugar, Glucose Syrup Solids, Vegetable Oil, Coffee Powder (5%), Sodium Caseinate, Mineral Salts (339, 340, 451, 452), Cocoapowder, Emulsifiers(471, 481, Soy Lecithin), Flavours, Vegetable Gum (407), Anticaking Agent (551).

ALLERGENS

CONTAINS MILK, MILK PRODUCTS & SOY PRODUCTS

| NUTRITION INFORMATION | | |
|--------------------------|--------------------------|------------------------|
| Servings per package: 12 | | |
| Serving size: 80 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 1850 kJ (443 Cal) | 353 kJ (84 Cal) |
| Protein | 6.3 g | 1.2 g |
| Fat, total | 19.9 g | 3.8 g |
| - saturated | 17.9 g | 3.4 g |
| Carbohydrate | 59.1 g | 11.3 g |
| - sugars | 38.0 g | 7.3 g |
| Sodium | 309 mg | 59 mg |

GREEN TEA

- No Gluten
- Dairy Free

INGREDIENTS

Maltodextrin, Matcha Tea Powder (13%), Alfalfa Powder, Green Tea Extract (4.5%),Wheatgrass Powder.

| NUTRITION INFORMATION | | |
|---|--------------------------|------------------------|
| Servings per package: approx. 229 | | |
| Serving size: 2.4 g (approx. 1 level tsp) | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 36 kJ (9 Cal) | 1500 kJ (359 Cal) |
| Protein | 0.2 g | 7.1 g |
| Fat, total | LESS THAN 0.1 g | 1.2 g |
| - saturated | LESS THAN 0.1 g | 0.2 g |
| Carbohydrate | 1.8 g | 74.0 g |
| - sugars | LESS THAN 0.1 g | 1.7 g |
| Sodium | 2 mg | 80 mg |
| Caffeine | 11 mg | 459 mg |

OATS

INGREDIENTS

Wholegrain Oat

ALLERGENS

CONTAINS GLUTEN.

| NUTRITION INFORMATION | | |
|-------------------------|--------------------------|------------------------|
| Servings per package: 1 | | |
| Serving size: 17.5 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 278 kJ (67 Cal) | 1590 kJ (380 Cal) |
| Protein | 2.2 g | 12.7 g |
| Fat, total | 1.6 g | 9.0 g |
| - saturated | 0.3 g | 1.6 g |
| Carbohydrate | 9.6 g | 55.1 g |
| - sugars | 0.2 g | 1.3 g |
| Dietary fibre, total | 2.3 g | 12.9 g |
| Sodium | LESS THAN 0.1 g | 3 mg |

COFFEE

INGREDIENTS Coffee Beans ALLERGENS NIL

| NUTRITION INFORMATION | | |
|---------------------------|--------------------------|------------------------|
| Servings per package: 294 | | |
| Serving size: 1.7 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 17 kJ (4 Cal) | 10 kJ (2 Cal) |
| Protein | LESS THAN 0.1 g | LESS THAN 0.1 g |
| Fat, total | LESS THAN 0.1 g | LESS THAN 0.1 g |
| - saturated | LESS THAN 0.1 g | LESS THAN 0.1 g |
| Carbohydrate | LESS THAN 0.1 g | LESS THAN 0.1 g |
| - sugars | LESS THAN 0.1 g | LESS THAN 0.1 g |
| Sodium | LESS THAN 0.1 mg | LESS THAN 0.1 mg |

WHEY PROTEIN

INGREDIENTS

Whey Protein Concentrate (79%), Milk Solids, Glycine, Flavour, Vegetable Gums (407, 412, 466), Salt, Mineral Salt (339), Sweetener (Steviol Glycosides), Emulsifier (322)

ALLERGENS

CONTAINS MILK, MILK PRODUCTS AND SOY PRODUCTS.

Made in Australia

| NUTRITION INFORMATION | | |
|--------------------------|--------------------------|------------------------|
| Servings per package: 33 | | |
| Serving size: 30 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 492 kJ (118 Cal) | 1640 kJ (392 Cal) |
| Protein | 20.0 g | 66.8 g |
| Fat, total | 1.5 g | 4.8 g |
| - saturated | 0.9 g | 2.9 g |
| Carbohydrate | 5.6 g | 18.6 g |
| - sugars | 4.9 g | 16.5 g |
| Dietary fibre, total | 0.3 g | 1.1 g |
| Sodium | 112 mg | 372 mg |

MUESLI

INGREDIENTS

Dry Toasted Rolled Oats, Dried Fruit (30%) (Sultanas, Paw-Paw, Dates, Pineapple, Raisins, Currants, Apple, Apricots), Sunflower Kernels, Buckwheat Kernels, Linseed, Preservative (220)*.

ALLERGENS

CONTAINS GLUTEN AND SULPHITES.

| NUTRITION INFORMATION | | |
|-------------------------|--------------------------|------------------------|
| Servings per package: 1 | | |
| Serving size: 50 g | | |
| | Avg Quantity per Serving | Avg Quantity per 100 g |
| Energy | 855 kJ (204 Cal) | 1710 kJ (409 Cal) |
| Protein | 5.8 g | 11.6 g |
| Fat, total | 6.4 g | 12.8 g |
| - saturated | 0.9 g | 1.8 g |
| Carbohydrate | 27.3 g | 54.6 g |
| - sugars | 7.3 g | 14.6g |
| Dietary fibre, total | 5.9 g | 11.8 g |
| Sodium | 3 mg | 6 mg |