

skinny

WEIGHT LOSS FORMULA

INGREDIENTS

Soya protein isolates, skimmed milk powder, dextrose, vegetable fat, potassium phosphate, xanthum gum, guarana, green tea, flavourings, sweetener (Acesulfame K), fructo oligo saccharides.

MIXING INSTRUCTIONS

Mix 40g powder or 4 heaped teaspoons with 250ml water or milk.

NUTRITIONAL BREAKDOWN

NUTRIENTS	UNITS	40G SERVING	100G POWDER	RDA per 40g
Energy	kJ	752	1880	-
Energy	kCal	186.4	466	-
Protein	g	17.16	42.9	-
Unsaturated fat	g	2.4	6	-
Carbohydrate	g	14.4	36	-
Vit.A	I.u.	0.3332	0.833	10%
Vit.D	mcg	0.5	1.25	10%
Vit.E	mg	1.488	3.72	10%
Vit.K	ug	8	20	10%
Vit.C	mg	6	15	10%
Vit.B1	mg	0.14	0.35	10%
Vit.B2	mg	0.16	0.4	10%
Vit.B6	mg	0.2	0.5	10%
Vit.B12	mcg	0.1	0.25	10%
Nicotinic Acid	mg	1.8	4.5	10%
Biotin	mg	0.01	0.025	10%
Folic Acid	mg	0.02	0.05	10%
Panthenic Acid	mg	0.6	1.5	10%
Choline	mg	100	250	10%
Calcium	mg	100	250	10%
Phosphorus	mg	71.704	179.26	10%
Magnesium	mg	40	100	10%
Potassium	mg	90	225	10%
Sodium	mg	1	2.5	10%
Chloride	mg	39	97.5	10%
Iodine	ug	15	37.5	10%
Iron	mg	1.504	3.76	10%
Copper	mg	0.2	0.5	10%
Zinc	mg	1.504	3.76	10%
Manganese	mg	0.5	1.25	10%
Selenium	ug	5	12.5	10%
Chromium	ug	0.256	0.64	10%
Molybdenum	ug	25.6	64	10%
FOS	g	0.88	2.2	10%

ENERGY DISTRIBUTION

Protein	48%
Carbohydrates	38%
Fat	14%



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