

**KICSTART™**  
**to healthy weight#**  
**VLCD**

# Cafe Latte

Flavoured Shake



## Preparation

1. Add one sachet (55g) of KicStart to 200mL of chilled water.
2. Shake vigorously or blend for 30 seconds to dissolve the powder.
3. Drink immediately.

**STORE BELOW 25°C**  
 KicStart™ is manufactured and packaged in Australia.

Each sachet is 55g net

Nutrition Information		Servings per package: 1	
Serving size: 55g per 200mL cold water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	883kJ (211Cal)	379kJ (91Cal)	
Protein	20.4g	8.8g	
Fat, Total	4.8g	2.1g	
- Saturated	2.9g	1.2g	
Carbohydrate	19.4g	8.3g	
- Sugars	14.9g	6.4g	
Dietary Fibre	4.0g	1.7g	
Sodium	174mg	75mg	
Potassium	521mg	224mg	
Magnesium	160mg (50%RDI)*	69mg	
Calcium	400mg (50%RDI)	172mg	
Phosphorus	350mg (35%RDI)	150mg	
Iron	4.8mg (40%RDI)	2.1mg	
Zinc	4.8mg (40%RDI)	2.1mg	
Manganese	0.85mg (17%ESADDI)**	0.4mg	
Copper	0.5mg (17%ESADDI)	0.2mg	
Selenium	17.5µg (25%RDI)	7.5µg	
Iodine	75µg (50%RDI)	32µg	
Chromium	34µg (17% ESADDI)	15µg	
Molybdenum	42.5µg (17% ESADDI)	18µg	
Vitamin A	300µg (40%RDI)	129µg	
Thiamin	0.55mg (50%RDI)	0.24mg	
Riboflavin	0.85mg (50%RDI)	0.36mg	
Niacin	5mg (50%RDI)	2mg	
Pantothenic Acid	0.8mg (17% ESADDI)	0.3mg	
Vitamin B12	1.0µg (50%RDI)	0.4µg	
Vitamin C	20mg (50%RDI)	8.6mg	
Vitamin D	5µg (50%RDI)	2µg	
Vitamin E	5mg (50%RDI)	2mg	
Vitamin B6	0.8mg (50%RDI)	0.3mg	
Vitamin K	40µg (50% ESADDI)	17µg	
Biotin	5µg (17% ESADDI)	2µg	
Folic Acid	100µg (50%RDI)	43µg	

\*RDI = Recommended Dietary Intake  
 \*\*ESADDI = Estimated Safe and Adequate Daily Dietary Intake

## INGREDIENTS

**Milk Solids** [Whey Protein Concentrate (Whey (**Milk**), Vegetable Oil, Emulsifier (**Soy Lecithin**)), Calcium Caseinate (Calcium Caseinate (**Milk**), Emulsifier (471) (**Soy**), Skim **Milk Powder**], Fructose, 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), **Soy Flour**, Dietary Fibre (Polydextrose, Inulin), Minerals (Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Sodium Bicarbonate, Zinc Sulphate, Ferrous Sulphate, Chromium Chloride, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Sodium Selenite), Emulsifier (**Soy Lecithin**), Coffee Powder 3%, Flavour, Thickener (Carrageenan), Natural Colour (Caramel), Salt, Anticaking Agent (551), Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).

## Contains Milk & Soy

**KicStart™ contains ingredients from milk and soy products. CONTAINS LACTOSE.**

FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.



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#When consumed as directed and part of a reduced energy diet including regular exercise.