

## Creamy Chicken

Flavoured Soup



### Preparation

1. Add 200mL (or more) of cold water to shaker or blender.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved.
4. Transfer to saucepan, heatproof mug or bowl and gently heat on stove top or microwave.

**Tip:** Add "Free Food" vegetables, herbs and spices as desired.

KicStart™ is 100% Australian Owned

55g net

Nutrition Information		Servings per package: 1	
Serving size: 55g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	849kJ (203Cal)	364kJ (87Cal)	
Protein	20.9g	9.0g	
Fat, Total	4.5g	1.9g	
- Saturated	0.7g	0.3g	
Carbohydrate	17.6g	7.6g	
- Sugars	11.2g	4.8g	
Dietary Fibre	4.0g	1.7g	
Sodium	683mg	293mg	
Potassium	569mg	244mg	
Magnesium	160mg (50%RDI)*	69mg	
Calcium	400mg (50%RDI)	172mg	
Phosphorus	350mg (35%RDI)	129mg	
Iron	4.8mg (40%RDI)	2.1mg	
Zinc	4.8mg (40%RDI)	2.1mg	
Manganese	0.85mg (17%ESADD)**	0.4mg	
Copper	0.5mg (17%ESADD)	0.2mg	
Selenium	17.5µg (25%RDI)	7.5µg	
Iodine	75µg (50%RDI)	32µg	
Chromium	34µg (17% ESADD)	15µg	
Molybdenum	42.5µg (17% ESADD)	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% ESADD)	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% ESADD)	17µg	
Biotin	5µg (17% ESADD)	2µg	
Folic Acid	100µg (50%RDI)	43µg	

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

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Prima Health Solutions Pty Ltd  
 ABN 44 097 116 544  
 Unit 14 / 10-18 Orchard Rd,  
 Brookvale NSW 2100  
 PO Box 7468, Warringah Mall NSW 2100  
[www.healthyweightforlife.com.au](http://www.healthyweightforlife.com.au)  
 Enquiries and feedback:  
 FREECALL 1800 226 180  
[info@primahealth.com.au](mailto:info@primahealth.com.au)

### INGREDIENTS

**Milk Solids** (Skim Milk Powder, Milk Protein), Hydrolysed Gelatin, Maltodextrin, Sunflower Oil Powder (Sunflower Oil, Glucose Syrup Solids, Milk Protein, Emulsifier (472c), Antioxidant (300, 304, 306 (Soy), 322, 472c)), **Soy Protein** (Soy Isolate, Emulsifier (Soy Lecithin)), **Soy Flour**, Flavour (**Wheat**), Dietary Fibre (Polydextrose, Inulin), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Vegetable Gum (415), Garlic Powder, Natural Flavour Enhancer (**Soy, Wheat**), Dried Onion, Onion Powder, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12), Ground Thyme, Ground White Pepper, Dried Parsley, Chive Flakes, Natural Colour (Turmeric).  
**Contains Wheat, Milk & Soy.**

STORE BELOW 25°C

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

