

# KICSTART™

VLCD

## Pumpkin and Herb

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

57g net

Nutrition Information		Servings per package: 1	
Serving size: 57g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	885kJ	(211Cal)	378kJ (90Cal)
Protein	20.0g		8.6g
Fat, Total	4.8g		2.0g
- Saturated	2.4g		1.0g
Carbohydrate	20.2g		8.5g
- Sugars	7.4g		3.2g
Dietary Fibre	4.1g		1.8g
Sodium	577mg		247mg
Potassium	505mg		216mg
Magnesium	160mg	(50%RDI)*	68mg
Calcium	360mg	(45%RDI)	154mg
Phosphorus	450mg	(45%RDI)	192mg
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)	128µg
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)	8.5mg
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  
\*\*ESADD = Estimated Safe and Adequate Daily Dietary Intake

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### INGREDIENTS

Soy Protein (**Soy Isolate**, Emulsifier (**Soy Lecithin**)), Pumpkin Powder (11%), 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), Maltodextrin, Dietary Fibre (Polydextrose, Inulin), Sugar, **Soy Flour**, Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Hydrolysed Gelatin, Emulsifier (**Soy Lecithin**), Flavour (**Wheat**), Skim **Milk Powder**, Onion Powder, Modified Starch (1442), **Salt**, Ground Cumin, Natural Colour (Paprika), Pepper, Dried Parsley, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).  
**Contains Soy, Milk & Wheat.**

**STORE BELOW 25°C**

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

