

# KICSTART™

VLCD

## Vanilla Bean

Flavoured Shake



### Preparation

1. Add 200mL (or more) of cold water to shaker or blender. Add ice cubes if desired.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved.

KicStart™ is 100% Australian Owned

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	885kJ (211Cal)	380kJ (91Cal)	
Protein	20.0g	8.6g	
Fat, Total	4.9g	2.1g	
- Saturated	3.1g	1.3g	
Carbohydrate	19.6g	8.4g	
- Sugars	15.8g	6.8g	
Dietary Fibre	4.1g	1.8g	
Sodium	176mg	76mg	
Potassium	583mg	250mg	
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

### Proudly Australian Owned & Operated Company



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### 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 (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Sodium Bicarbonate, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Emulsifier (Soy Lecithin), Flavour, Thickener (Carrageenan), 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**

### STORE BELOW 25°C

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

