



Simply  
**TOO GOOD  
TO BE TRUE**

Australia's favourite weightloss mentor



## WICKED CHOCOLATE PREMIUM BREAKFAST SHAKE

- ✓ 99% fat free
- ✓ 100% delicious
- ✓ Combats hunger
- ✓ Gluten free & nut free
- ✓ Excellent source of dietary fibre
- ✓ Good source of protein
- ✓ Good source of Vitamins A, Thiamin, Riboflavin, Niacin, B12, C, D, E, B6, Folate
- ✓ Good source of Minerals – Magnesium, Calcium, Phosphorous, Iron, Zinc, Iodine



### Ingredients

Whey Protein Concentrate (Whey (**Milk**), Vegetable Oil, Emulsifier (**Soy** lecithin)), Sucrose, Skim **Milk** Powder, **Soy** Protein (**Soy** Isolate, Emulsifier (**Soy** lecithin)), Inulin, Polydextrose, Cocoa Powder 6%, Whole **Milk** Powder (**Milk**, Emulsifier (**Soy** lecithin), Minerals (Calcium Phosphate, Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulphate, Potassium Iodide), Flavour, Vegetable Gum (415), Salt, Dextrose, Vitamins (Vitamin C, Vitamin E, Niacin, Vitamin A, Vitamin D, Vitamin B12, Pyridoxine, Riboflavin, Thiamin, Folate). **Contains Milk & Soy**. Manufactured in a site that also contains Egg and Fish

### Directions

Pour 250ml of chilled water into a blender or shaker, add contents of one sachet, blend or shake for 30 seconds.

### Handy hint

Blend with 75g of frozen or fresh fruit to switch up your morning routine. Banana or berries work well in the **Wicked Chocolate Shake**. Enjoy hot; **whisk** contents of one sachet with 250ml of hot water.



### Nutrition Information:

Servings per package: 14

Serving Size: 45g

Average Quantity:	per serving
Energy	659kJ (157Cal)
Protein	15.1g
- Gluten	Nil detected
Fat, Total	1.9g
- Saturated	1.1g
Carbohydrate	16.3g
- Sugars	15.4g
- Sucrose	10.0g
- Lactose	5.4g
Dietary Fibre	7.0g
Sodium	168mg
Potassium	296mg
Magnesium	130mg (40%RDI*)
Calcium	400mg (50%RDI)
Phosphorus	300mg (30%RDI)
Iron	6mg (50%RDI)
Zinc	3mg (25%RDI)
Iodine	75ug (50%RDI)
Vitamin A	265ug (35%RDI)
Thiamin	0.55mg (50%RDI)
Riboflavin	0.85mg (50%RDI)
Niacin	5mg (50%RDI)
Vitamin B12	1ug (50%RDI)
Vitamin C	20mg (50%RDI)
Vitamin D	5ug (50%RDI)
Vitamin E	5mg (50%RDI)
Vitamin B6	0.8mg (50%RDI)
Folate	100ug (50%RDI)

\*RDI = Recommended Dietary Intake

