



*Symply*  
**TOO GOOD  
TO BE TRUE®**

Australia's favourite weightloss mentor



## ICED COFFEE 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, Whole **Milk** Powder (**Milk**, Emulsifier (**Soy** lecithin), Coffee Powder 3%, Minerals (Calcium Phosphate, Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulphate, Potassium Iodide), Vegetable Gum (415), Flavour, Dextrose, Salt, 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 works well in the **Iced Coffee Shake**.



### Nutrition Information:

Servings per package: 14	
Serving Size: 45g	
Average Quantity:	per serving
Energy	663kJ (158Cal)
Protein	15.1g
- Gluten	Nil detected
Fat, Total	1.9g
- Saturated	1.1g
Carbohydrate	16.5g
- Sugars	15.3g
- Sucrose	9.9g
- Lactose	5.4g
Dietary Fibre	7.0g
Sodium	144mg
Potassium	203mg
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	

