

## NUTRITION GUIDE

### SUPERFRUIT

- Gluten Free
- Dairy Free

#### INGREDIENTS

Polydextrose, Inulin, Cranberry Juice Powder, Acai Berry Extract, Berry Juice Powder (Raspberry, Strawberry, Pomegranate, Elderberry, Blackcurrant, Blueberry, Goji), Natural Flavour.

#### NUTRITION INFORMATION

Servings per package: approx. 240  
Serving size: 2.5g (approx. 1 level tsp)

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	20 kJ (5 Cal)	804 kJ (192 Cal)
Protein	LESS THAN 0.1 g	0.1 g
- gluten	Nil detected	Nil detected
Fat, total	LESS THAN 0.1 g	0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	0.5 g	21.8 g
- sugars	0.2 g	8.6 g
Dietary fibre, total	1.8 g	71.0 g
Sodium	1 mg	28 mg

#### OTHER INGREDIENTS

Acai Berry Extract	125 mg	5 g
Cranberry Juice Powder	175 mg	7 g
Berry Fruit Blend	125 mg	5 g

### ALL GREENS

- Gluten Free
- Dairy Free

#### INGREDIENTS

Wheatgrass Powder, Alfalfa Powder, Barley Grass Powder, Spinach Powder, Spirulina Powder, Broccoli Powder.

#### NUTRITION INFORMATION

Servings per package: approx. 750  
Serving size: 0.6g (approx. ¼ tsp)

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	7 kJ (2 Cal)	1220 kJ (291 Cal)
Protein	0.2 g	26.5 g
- gluten	Nil detected	Nil detected
Fat, total	LESS THAN 0.1 g	3.9 g
- saturated	LESS THAN 0.1 g	0.7 g
Carbohydrate	0.1 g	19.6 g
- sugars	LESS THAN 0.1 g	5.9 g
Dietary fibre, total	0.2 g	36.4 g
Sodium	3 mg	423 mg

### VITA

- Gluten Free
- CONTAINS MILK

#### INGREDIENTS

Minerals (Sodium Phosphate, Magnesium Oxide, Ferrous Sulphate, Zinc Sulphate, Copper Gluconate, Manganese Sulphate, Potassium Iodide), Milk Mineral Salts, Maltodextrin, Vitamins (Vitamin C, Vitamin E, Niacin, Riboflavin, Pyridoxine, Thiamine, Pantothenic Acid, Folic Acid, Vitamin A, Biotin, Vitamin D, Vitamin B12).

#### NUTRITION INFORMATION

Servings per package: approx. 938  
Serving size: 0.8g (approx. ¼ tsp)

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	3 kJ (1 Cal)	374 kJ (89 Cal)
Protein	LESS THAN 0.1 g	1.8 g
- gluten	Nil detected	Nil detected
Fat, total	LESS THAN 0.1 g	0.4 g
- saturated	LESS THAN 0.1 g	0.3 g
Carbohydrate	0.2 g	19.4 g
- sugars	LESS THAN 0.1 g	1.1 g
Sodium	47 mg	5920 mg
Potassium	LESS THAN 0.1 g	2 mg
Thiamin	0.55 mg (50% RDI*)	68.8 mg
Riboflavin	0.85 mg (50% RDI)	106 mg
Niacin	5 mg (50% RDI)	625 mg
Vitamin C	20 mg (50% RDI)	2500 mg
Vitamin D	1 µg (10% RDI)	125 µg
Vitamin E	5 mg (50% RDI)	625 mg
Vitamin B6	0.8 mg (50% RDI)	100 mg
Vitamin B12	1 µg (50% RDI)	125 µg
Pantothenic Acid	0.5 mg (10% ESADDI**)	63 mg
Biotin	3 µg (10% ESADDI)	375 µg
Folic Acid	100 µg (50% RDI)	12500 µg
Vitamin A	75 µg (10% RDI)	9380 µg
Magnesium	32 mg (10% RDI)	4000 mg
Calcium	80 mg (10% RDI)	10000 mg
Phosphorus	100 mg (10% RDI)	12500 mg
Iron	1.2 mg (10% RDI)	150 mg
Zinc	1.2 mg (10% RDI)	150 mg
Manganese	0.5 mg (10% ESADDI)	63 mg
Copper	0.3 mg (10% ESADDI)	38 mg
Iodine	15 µg (10% RDI)	1880 µg

\*RDI - Recommended Dietary Intake

\*\*ESADDI - Estimated Safe and Adequate Daily Dietary Intake

## CHIA SEEDS

- Gluten Free
- Dairy Free

### INGREDIENTS

Chia Seed (100%)

NUTRITION INFORMATION		
Servings per package: 66		
Serving size: 15 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	281 kJ (67 Cal)	1870 kJ (447 Cal)
Protein	3.1g	20.4 g
- gluten	Nil detected	Nil detected
Fat, total	5.3 g	35.0 g
- saturated	0.6 g	4.0 g
- polyunsaturated	3.9 g	26.2 g
- monounsaturated	0.5 g	3.1 g
Carbohydrate	0.7 g	4.5 g
- sugars	LESS THAN 1 g	LESS THAN 1 g
Dietary fibre, total	5.6 g	37.5 g
Sodium	LESS THAN 1 mg	1 mg

## WHEY PROTEIN

### INGREDIENTS

Whey Protein Concentrate (79%), Milk Solids, Glycine, Flavour, Vegetable Gums (407, 412, 466), Salt, Mineral Salt (339), Sweetener (Steviol Glycosides), Emulsifier (322)

### ALLERGENS

**CONTAINS MILK, MILK PRODUCTS AND SOY PRODUCTS.**

**MAY CONTAIN TRACES OF GLUTEN CEREALS.**

Made in Australia

NUTRITION INFORMATION		
Servings per package: 33		
Serving size: 30 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	492 kJ (118 Cal)	1640 kJ (392 Cal)
Protein	20.0 g	66.8 g
Fat, total	1.5 g	4.8 g
- saturated	0.9 g	2.9 g
Carbohydrate	5.6 g	18.6 g
- sugars	4.9 g	16.5 g
Dietary fibre, total	0.3 g	1.1 g
Sodium	112 mg	372 mg
Potassium	141 mg	471 mg

## ENERGISER

### INGREDIENTS

Maltodextrin, Guarana Extract (Guarana Seed Extract, Maltodextrin), Ginseng Extract, Taurine, Vitamin (Vitamin E).

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NUTRITION INFORMATION		
Servings per package: approx. 1083		
Serving size: 0.6 g (approx. ¼ tsp)		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	8 kJ (2 Cal)	1320 kJ (316 Cal)
Protein	LESS THAN 0.1 g	0.1 g
- gluten	Nil detected	Nil detected
Fat, total	LESS THAN 0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	0.5 g	77.8 g
- sugars	LESS THAN 0.1 g	1.0 g
Sodium	LESS THAN 0.1 mg	8 mg
Vitamin E	5 mg (50% RDI*)	833 mg

\*RDI - Recommended Dietary Intake

OTHER INGREDIENTS		
Caffeine	5 mg	833 mg
Taurine	30 mg	5 g
Ginseng (equivalent)	240 mg	40000 mg

## IMMUNITY

### INGREDIENTS

Inulin, Polydextrose, Vitamin (Carotene), Green Tea Extract, Echinacea Extract, Ground Ginger, Acerola Juice Powder, Garlic Powder, Bacillus Coagulans

- Gluten Free
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NUTRITION INFORMATION		
Servings per package: 1000		
Serving size: 0.6 g (approx. ¼ tsp)		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	5 kJ (1 Cal)	895 kJ (214 Cal)
Protein	LESS THAN 0.1 g	1.7 g
- gluten	Nil detected	Nil detected
Fat, total	LESS THAN 1 g	1.7 g
- saturated	LESS THAN 0.1 g	0.3 g
Carbohydrate	LESS THAN 1 g	20.3 g
- sugars	LESS THAN 0.1 g	7.5 g
Dietary Fibre	0.4 g	63.4 g
Sodium	Less than 5 mg	19 mg
Vitamin A	75 µg (10% RDI)	12500 µg
Vitamin C	4 mg (10% RDI)	670 mg

\*RDI - Recommended Dietary Intake

OTHER INGREDIENTS		
OTHER INGREDIENTS	Average Quantity per Serving (0.6g)	Average Quantity per 100g
Garlic Powder	1mg	0.17g
Ground Ginger	5mg	0.83g
Acerola Cherry Powder	29mg	4.8g
Echinacea	40mg	6.7g
Bacillus coagulans	6 million cfu* (max) 600 000 cfu (min)	1 Billion cfu* (max) 100 Million cfu (min)
Green Tea Extract	50mg	8.3g

\*cfu= Colony Forming Units

# PROTEIN

## INGREDIENTS

Whey Protein Concentrate (Whey (Milk), Vegetable Oil, Emulsifier (Soy Lecithin)), Natural Flavour.

NUTRITION INFORMATION		
Servings per package: approx. 57		
Serving size: 7 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	116 kJ (28 Cal)	1660 kJ (397 Cal)
Protein	5.1g	72.7 g
- gluten	Nil detected	Nil detected
Fat, total	0.4 g	6.2 g
- saturated	0.3 g	3.7 g
Carbohydrate	0.8 g	11.5 g
- sugars	0.6 g	8.7 g
Sodium	18 mg	249 mg

# PLANT PROTEIN

- Gluten Free
- Dairy Free

## INGREDIENTS

Organic Pea Protein Isolate (74%), Organic Brown Rice Protein Concentrate, Whole Grain Brown Rice Milk Powder, Natural Flavour, Sweetener (Steviol Glycosides).

## ALLERGENS

**MAY CONTAIN TRACES OF GLUTEN CEREALS, DAIRY, SOY, SULPHITES, CRUSTACEA, FISH.**

Made in Australia

NUTRITION INFORMATION		
Servings per package: 24		
Serving size: 20 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	331 kJ (79 Cal)	1660 kJ (396 Cal)
Protein	13.6 g	68.2g
Fat, total	1.2 g	5.9 g
- saturated	LESS THAN 0.1 g	1.3 g
Carbohydrate	3.1 g	15.6 g
- sugars	LESS THAN 0.1 g	1.9 g
Sodium	237 mg	1190 mg

# GREEN TEA

## INGREDIENTS

Maltodextrin, Matcha Tea Powder (13%), Alfalfa Powder, Green Tea Extract (4.5%), Wheatgrass Powder.

- Gluten Free

NUTRITION INFORMATION		
Servings per package: approx. 229		
Serving size: 2.4 g (approx. 1 level tsp)		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	36 kJ (9 Cal)	1500 kJ (359 Cal)
Protein	0.2 g	7.1 g
Fat, total	LESS THAN 0.1 g	1.2 g
- saturated	LESS THAN 0.1 g	0.2 g
Carbohydrate	1.8 g	74.0 g
- sugars	LESS THAN 0.1 g	1.7 g
Sodium	2 mg	80 mg
Caffeine	11 mg	459 mg