Natural ingredients in our smoothies give a gentle sensation of feeling satisfied and content, whilst providing a range of nutrients including a good source of fibre which contributes to regular bowel elimination.

Ingredient: 
Apple zucchini - a source of soluble fibre that forms gut naturally
Kiwifruit fibre - a high-fibre ingredient
Celulose - major component of cell wall in plant
Psyllium Husk - a water-soluble fibre
Banana - a natural vegetable fibre
Millet - meal - a healthy fat - and fibre
Pumpkin seed meal - contains protein, zinc and iron

Protein For Weight Loss: 
- Soy protein isolate - a complete protein that is high in both protein and amino acids for normal metabolism
- Proactive proteins from soy - group of enzymes that assist digestive processes by breaking down proteins
- Soy lecithin - emulsifying that can aid the digestive system
- Brown Rice - contains amino acids aiding protein digestion...

A Good Source of Vitamins & Minerals - Helping you to stay on top of your game: 
- Vitamin A: necessary for normal epithelial tissue function
- Vitamin C: necessary for normal immune system function
- Vitamin D: related to bone health
- Vitamin E: antioxidant
- Zinc - contributes to normal immune system function

Free from artificial sweeteners, flours, and nuts.
Includes whole foods.
In high protein & a good source of fibre.
Wheat free & dairy free.

20 SMOOTHIES PER TUB

FRUCTOSE FREE

VANILLA

Serving suggestion: 25g
250g or 10 servings
Nutritious meal replacement

Vitamin & Minerals

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>RDA per day</th>
<th>RDA per serving (25g)</th>
<th>% RDA per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>800 μg</td>
<td>80 μg</td>
<td>10 μg</td>
</tr>
<tr>
<td>C</td>
<td>50 mg</td>
<td>25 mg</td>
<td>5 mg</td>
</tr>
<tr>
<td>D</td>
<td>800 μg</td>
<td>160 μg</td>
<td>20 μg</td>
</tr>
<tr>
<td>E</td>
<td>15 mg</td>
<td>4.10 mg</td>
<td>1.75 μg</td>
</tr>
<tr>
<td>K</td>
<td>125 μg</td>
<td>7.5 μg</td>
<td>3 μg</td>
</tr>
<tr>
<td>B1 (thiamine)</td>
<td>1 mg</td>
<td>0.4 mg</td>
<td>0.2 μg</td>
</tr>
<tr>
<td>B2 (riboflavin)</td>
<td>1.3 mg</td>
<td>0.5 mg</td>
<td>0.13 μg</td>
</tr>
<tr>
<td>B3 (niacin)</td>
<td>16 mg</td>
<td>2.2 mg</td>
<td>0.44 μg</td>
</tr>
<tr>
<td>B6 (pyridoxine)</td>
<td>2 mg</td>
<td>0.7 mg</td>
<td>0.16 μg</td>
</tr>
<tr>
<td>B12 (cyanocobalamin)</td>
<td>2 μg</td>
<td>0.1 μg</td>
<td>0.006 μg</td>
</tr>
<tr>
<td>Folate</td>
<td>400 μg</td>
<td>16 μg</td>
<td>4 μg</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mg</td>
<td>0.4 mg</td>
<td>0.08 μg</td>
</tr>
<tr>
<td>Iron</td>
<td>15 mg</td>
<td>0.4 mg</td>
<td>0.08 μg</td>
</tr>
</tbody>
</table>

The Healthy Mummy smoothies have been devised to provide a healthy formula blend of protein & fibre to help you boost your energy & mood. It also includes probiotics that help your digestive issues or helps you to feel good about your body. We are very confident that you will love this product.

Ingredients:
Soy Protein Isolate, Rice Bran Powder, Apple, Zucchini, Kiwi Fruit, Psyllium Husk, Soy Lecithin, Natural Flavours, Probiotic Blend (Lactobacillus Acidophilus, Bifidobacterium Bifidum), Stevia, Cod Liver Oil (Vitamin A, D, E). Vanillin, Salt.

Energy: 110kcal (271KJ)
Carbohydrates: 6g
Fat: 1g
Protein: 10g

Use: 100g per serving

Each serve of our smoothie is a balanced meal replacement that contains 5g of protein, 25g of carbohydrate, 3g of dietary fibre, 25g of gross energy, 7g of healthy fats and 20g of net energy.