

For more information on "The Healthy Mummy" please visit: [www.healthymummy.com](http://www.healthymummy.com) or join the Facebook page at: [www.facebook.com/healthymummy](http://www.facebook.com/healthymummy)

The Healthy Mummy Pty Ltd  
Unit 2/1 Secombe Place  
Moorebank, NSW 2170, Australia

The Healthy Mummy Smoothie offers an excellent source of essential vitamins, minerals, nutrients & important antioxidants

"The Healthy Mummy" is a trade mark  
Made in Australia from local & imported ingredients  
Store below 30c in a cool, dry place  
#Serving suggestion shows smoothie made with banana & topped with oats



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.

**Included in our smoothies are:**

- **Apple pectin** - a source of soluble fibre that forms gel naturally
- **Rice bran fibre** - a highly fibrous ingredient
- **Cellulose** - major component of cell wall in plants
- **Psyllium husks** - a water-soluble fibre
- **Inulin** - a natural vegetable fibre
- **Flaxseed meal** - healthy fats & high fibre
- **Pumpkin seed meal** - contains protein, zinc and iron.

**Protein For Health & Weight Loss:**

- **Soy protein isolate** - a complete protein low in fat with high digestibility
- **Methionine 10mg** - important amino acid for normal metabolism
- **Protease** (from aspergillus) - group of enzymes that assist digestive process by breaking down proteins
- **Soy lecithin 700mg** - emulsifying that can aid the digestive system
- **Bromelain 5mg** - enzymes from pineapple assisting protein digestion.

**A Good Source of Vitamins & Minerals - Helping you to stay at your best & feeling great:**

- **Vitamin B1** - necessary for normal carbohydrate metabolism
- **Vitamin B5** - necessary for normal fat metabolism
- **Vitamin B6** - necessary for normal protein metabolism
- **Biotin** - contributes to normal fat metabolism & energy production
- **Iron** - contributes to normal blood formation
- **Magnesium** - necessary for normal nerve & muscle function
- **Vitamin A, Vitamin C, Vitamin D, Vitamin B12, Folate, & Zinc** - all contribute to normal immune system function.

**Ingredients:** Soy Protein Isolate (59%), Rice Bran Powder (11%), Apple Pectin (5%), Cellulose Microcrystalline (4.6%), Potassium Sulfate, Natural Vanilla Flavour, Soy Lecithin (2.8%), Natural Cream Flavour, Psyllium Husk Powder (2%), Magnesium Phosphate Tribasic, Calcium Hydrogen Phosphate, Calcium Carbonate, Flaxseed Meal (1.2%), Natural Sweetener (Thaumatococcus), Inulin (0.3%), Pumpkin Seed Meal (0.2%), Ascorbic Acid (Vit C), Methionine (0.04%), Ferrous Fumarate, Bromelains (0.02%), Fenugreek Seed Powder, Zinc Oxide, Copper Gluconate, D-alpha-tocopheryl Acid Succinate (Vit E), Nicotinamide (Vit B3), Vitamin A Palmitate, Dandelion Root Powder, Protease (0.008%), Ginger Root Powder, Calcium Pantothenate (Vit B5), Riboflavin (Vit B2), Pyridoxine Hydrochloride (Vit B6), Thiamin Hydrochloride (Vit B1), Chromium Chloride, Molybdenum Trioxide, Folic Acid, Selenomethionine, Potassium Iodide, Biotin, Cholecalciferol (Vit D), Cyanocobalamin (Vit B12).

Free from preservatives, nuts, artificial sweeteners, sucrose, lactose, wheat, yeast, dairy, corn, nut and seafood products. GMO free.

**CONTAINS SOY PRODUCTS**

This product contains non genetically modified soy and only contains Soy Protein Isolate.

\*When used in conjunction with a diet reduced in energy and an exercise plan.  
\*\* when made up as directed with soy milk.  
This product must not be used as a total diet replacement.

# the healthy Mummy

## Smoothie

Nutritious meal replacement

3 easy steps

- 1 Have a delicious smoothie for breakfast &/or lunch
- 2 Regular healthy snacks plus a healthy dinner with lots of vegetables
- 3 Aim for a daily 45 minute walk & drink at least 8 glasses of water

Nutritional Information						
Average servings per pack: 20 Serving size: 25g	*When made up with skim (1% fat) milk		†When made up with Soy (3% fat) unflavoured added Calcium milk			
< mean less than	Avg Qty per serve	Avg Qty per 100g	†Avg Qty per serve	†Avg Qty per 100ml	†Avg Qty per serve	†Avg Qty per 100ml
Energy	362kJ	1450kJ	892kJ	325kJ	997kJ	363kJ
Protein	13.7g	54.9g	23.3g	8.4g	23.2g	8.4g
Fat - total	1.7g	6.9g	4.7g	1.7g	11.5g	4.2g
- saturated	<1g	<1g	2.3g	<1g	1.9g	<1g
Carbohydrate	2.3g	9.3g	17.6g	6.4g	14.3g	5.2g
- sugars	<1g	1.6g	15.6g	6.0g	7.1g	2.6g
Fibre	6.7g	26.7g	6.7g	2.4g	8.2g	3.0g
Sodium	178mg	711mg	273mg	99.2mg	290mg	106mg

✔ Contributes to weight loss\*

✔ 96% sugar free\*\*

✔ Free from artificial sweeteners

✔ Free from fillers & caffeine

✔ Includes whole foods

✔ High in protein & a good source of fibre

✔ Wheat free & dairy free\*\*

FRUCTOSE FREE

VANILLA

500g

Formulated meal replacement



20 SMOOTHIES PER TUB

serving suggestion\*

Being a mum can be hard work leaving you too tired to eat the right foods for good nutrition. The Healthy Mummy smoothie has been created to help mums benefit from a wide range of nutrients which can also help support your diet and exercise plan if you are trying to lose weight.

The Healthy Mummy smoothie has been designed by leading nutritionists and is the perfect companion to a busy mums life.

**Instructions:** Place 25g (2 x heaped tbsps) into a blender and add approx 250ml of your choice of milk with the option of adding 1/2 cup of fruit or vegetables of your choice. Blend for 2-3 minutes for a smooth consistency.

**Breastfeeding mums:** This product has been designed to provide a premium quality formula full of nutrition & is free of dairy and wheat as well as containing a wide range of vitamins & minerals. But please note that if your baby suffers from colic, digestive issues or has food sensitivities, we recommend talking to your doctor before changing your diet or using this product.

Vitamins & Minerals						
	Avg Qty per serve	%RDI	†Avg Qty per serve	†%RDI	†Avg Qty per 100ml	†Avg Qty per 100ml
Vitamin A	187.5mcgRE	25%	260mcgRE	35%	94.5mcgRE	22.3mcgRE
Vitamin C	10mg	25%	10mg	25%	3.6mg	10mg
Vitamin D	2.5mcg	25%	2.55mcg	26%	1mcg	2.5mcg
Vitamin E	2.5mg	25%	2.5mg	25%	1.0mg	5.0mg
Thiamine(VIT B1)	300mcg	27%	343mcg	31%	125mcg	350mcg
Riboflavin(VIT B2)	450mcg	25%	855mcg	50%	311mcg	539mcg
Niacin (VIT B3)	2.5mg	25%	2.7mg	27%	1.1mg	2.5mg
Pyridoxine(VIT B6)	400mcg	25%	500mcg	32%	182mcg	400mcg
Folic Acid	50mcg	25%	62mcg	31%	24.8mcg	50mcg
Vitamin B12	0.5mcg	25%	1mcg	50%	0.36mcg	0.5mcg
Biotin	5mcg	17%	5mcg	17%	1.8mcg	5mcg
Pantothenic Acid	800mcg	17%	800mcg	17%	291mcg	800mcg
Calcium	200mg	25%	400mg	50%	145mg	400mg
Phosphorus	250mg	25%	500mg	50%	182mg	475mg
Magnesium	80mg	25%	137mg	43%	50mg	160mg
Potassium	500mg	-	875mg	-	350mg	992mg
Zinc	3mg	25%	4.2mg	35%	1.5mg	3.4mg
Iron	3mg	25%	3.1mg	26%	1.1mg	4.2mg
Selenium	9mcg	13%	9mcg	13%	3.3mcg	9mcg
Copper	500mcg	17%	500mcg	17%	182mcg	500mcg
Chromium	34mcg	17%	34mcg	17%	12.4mcg	34mcg
Molybdenum	39mcg	16%	39.5mcg	16%	14.4mcg	39.5mcg
Iodine	37.5mcg	25%	37.5mcg	25%	13.6mcg	41.1mcg
Silica	10mg	-	10mg	-	3.6mg	10mg