



- 🚩 Available in 4 flavours
- 🚩 No added fructose
- 🚩 High protein
- 🚩 Good source of fibre
- 🚩 Tony Ferguson Replace-A-Meal 1 serve
- 🚩 Gluten Free

Ingredients when reconstituted: Low Fat Milk, Milk Solids, Maltodextrin, Dietary Fibre (Inulin), Cocoa (1.3%), Vitamin and Mineral Blend (Tricalcium Phosphate, Disodium Phosphate, Magnesium Phosphate, Sodium Ascorbate, Ferric Pyrophosphate, Vitamin E Acetate, Niacinamide, Zinc Oxide, Vitamin A Acetate, Cyanocobalamin, Pyridoxine Hydrochloride, Calcium D-Pantothenate, Vitamin D3, Riboflavin, Thiamine Mononitrate, Folic Acid, Potassium Iodide, Stabiliser (Gellan Gum, Sodium Phosphate-Dibasic, Cellulose Gel, Carrageenan, Cellulose Gum), Flavour, Sweetener (Sucralose).

Contains Milk.

Tony Ferguson Ready-to-Drink Meal Replacement Flavoured Chocolate Shake

Ready to Drink Shakes are the equivalent product to Classic Shake Sachets, offered in convenient bottles, ready for you to drink on the go. A great tasting total meal replacement, Ready-to-Drink Shakes are designed to help keep you feeling fuller for longer*.

Formulated meal replacement must not be used as a total diet replacement. This product is not suitable as a complete milk food for children under the age of two years.

*Tony Ferguson meal replacement shakes have been designed to be a good source of protein and fibre to help keep you feeling fuller for longer when consumed as part of the Tony Ferguson weight loss plan, which is a healthy balanced diet involving the consumption of a variety of foods.

10 cent refund at collection depots/points in participating state/territory of purchase.

Directions for Use

Shake well before opening. After opening, consume immediately.

Storage

This product should be stored in a cool dry place away from sunlight, protected from humidity. Store below 25°C.

Made in Australia from at least 42% Australian ingredients.

Nutritional Information

Servings per pack: 1 Serving size: 275 ml	Average quantity per serving	Average quantity per 100 ml
Energy	891 kJ (213 Cal)	324 kJ (77 Cal)
Protein	17 g	6.2 g
-Gluten	Not detected	Not detected
Fat, Total	3 g	1.1 g
-Saturated	1.9 g	< 1 g
Carbohydrates, Total	27 g	9.8 g
-Sugars	15 g	5.5 g
Dietary Fibre	4 g	1.5 g
Sodium	280 mg	102 mg
Vitamin A	242 µg	88 µg
Thiamin (B1)	0.28 µg	0.1 mg
Riboflavin (B2)	0.43 mg	0.15 mg
Niacin (B3)	5 mg	1.8 mg
Folate	100 µg	35 µg
Vitamin B6	0.8 mg	0.28 mg
Vitamin B12	1 µg	0.35 µg
Vitamin C	15 mg	5.5 mg
Vitamin D	3 µg	1.1 µg
Vitamin E	3 mg	1.1 mg
Calcium	400 mg	138 mg
Iodine	45 µg	16.5 µg
Iron	4.5 mg	1.7 mg
Magnesium	91 mg	33 mg
Pantothenic Acid	0.8 mg	0.3 mg
Phosphorous	400 mg	145 mg
Zinc	3 mg	1.1 mg