






-  Low in Calories
-  High Protein
-  Vitamins & Minerals
-  Good Source of Calcium and Fibre
-  Gluten-Free

Tony Ferguson VLCD is for the dietary management of obesity.

Ingredients: Milk Solids, Prebiotic Dietary Fibre (Isomalto-Oligosaccharide), Minerals (Calcium Phosphate, Potassium Phosphate, Potassium Citrate, Sodium Chloride, Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulfate, Potassium Iodide), Vitamins (Vitamin A Acetate, Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride, Cyanocobalamin, Ascorbic Acid, Cholecalciferol, Tocopherol, Folic Acid), Emulsifier (Soy Lecithin), Natural Flavours, Thickeners (Maltodextrin, Xanthan Gum), Natural Sweetener (Thaumatococcus).

Contains Milk & Soy. May contain Sulphites.

Very Low Calorie Diet (VLCD)

The VLCD program is specifically developed for those with a BMI over 30, who need to lose weight extremely fast, e.g. for surgery; or those with a BMI over 30 who want to kick-start their weight loss journey.

On the VLCD program, all three daily meals are replaced with a VLCD shake, and you only have a limited amount of food. In total, around 800 calories per day are consumed.

Suitable for short-term use only, and can be followed no longer than 12 weeks. Customers are strongly recommended to follow it under the supervision of a GP or dietitian.

Not suitable for pregnant or breastfeeding women, those younger than 18, or older than 65 years of age, and those with a BMI under 30.

The VLCD shakes are available in boxes of 10 and 21. They are not suitable for individual resale.

Take an additional two litres of calorie-free fluid each day. Unsuitable for use by pregnant or lactating women, infants, children, adolescents or people older than 65 years of age.

Formulated supplementary food for use in a Very Low Calorie Diet*. To be used as a supplement to a normal diet where energy and nutrients may not be adequate to meet an individual's dietary requirements.

Tony Ferguson VLCD is for the management of obesity and should be taken under the supervision of a healthcare professional.

*Tony Ferguson VLCD has been formulated to be a Very Low Calorie Diet.

Directions for Use

In a shaker, add one 40g sachet to 200ml of chilled water and shake well to dissolve. Drink immediately.

Storage

This product should be stored in a cool dry place away from sunlight, protected from humidity.

Made in Australia from at least 43% Australian ingredients.

Nutritional Information

Servings per pack: 1
Serving size: 40 g

	Average quantity per serving	Average quantity per 100 g with water
Energy	570kJ (135 Cal)	1420 kJ (338 Cal)
Protein	16.8 g	42 g
-Gluten	Not detected	Not detected
Fat, Total	1.5 g	3.7 g
-Saturated	0.5 g	1.3 g
-Unsaturated	0.9 g	2.2 g
Carbohydrates, Total	10.7 g	26.7 g
-Sugars	8.2 g	20.6 g
Dietary Fibre	4 g	10 g
Sodium	328.7 mg	821.8 mg
Potassium	629.5 mg	1573.6 mg
Magnesium	128 mg (40%RDI)	320 mg
Calcium	335 mg (42%RDI)	837.5 mg
Phosphorous	299 mg (30%RDI)	747.5 mg
Iron	6 mg (50%RDI)	17.2 mg
Zinc	3 mg (25%RDI)	13 mg
Iodine	49.9 mcg (33%RDI)	124.7 mcg
Folic Acid (Folate)	100 mcg (50%RDI)	332.5 mcg
Vitamin E (Tocopherol)	4 mg (40%RDI)	10 mg
Vitamin D3 (Cholecalciferol)	3 mcg (30%RDI)	7.5 mcg
Vitamin C (Ascorbic Acid)	20 mg (50%RDI)	62.5 mg
Vitamin B12 (Cyanocobalamin)	1 mcg (50%RDI)	2.5 mcg
Vitamin B6 (Pyridoxine)	700 mcg (44%RDI)	1750 mcg
Vitamin B3 (Niacin)	5 mg (50%RDI)	16.2 mg
Vitamin B2 (Riboflavin)	700 mcg (41%RDI)	1750 mcg
Vitamin B1 (Thiamine)	.55 mcg (50%RDI)	1500 mcg
Vitamin A (Retinol)	249 mcg (33%RDI)	622.5 mcg

RDI: Recommended dietary intake

Percentage daily intakes are based on an average adult diet of 8700 kJ