



- ☑ 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, 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.

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	560kJ (134 Cal)	1400 kJ (334 Cal)
Protein	17.6 g	44 g
-Gluten	Not detected	Not detected
Fat, Total	1.2 g	2.9 g
-Saturated	0.5 g	1.1 g
-Unsaturated	0.7 g	1.8 g
Carbohydrates, Total	10.3 g	225.8 g
-Sugars	7.9 g	19.7 g
Dietary Fibre	4 g	10 g
Sodium	327.5 mg	818.8 mg
Potassium	627 mg	1567.6 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