

Ingredients:

Barley Beta Glucan, Oat Flour, Pea Protein, Emulsifier (Soy Lecithin Powder), Natural Vanilla Flavour, Prebiotic Fibre (Isomalto-oligosaccharide), Minternals (Potassium Phosphate Dibasic, Calcium Citrate, Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulfate, Monohydrate, Potassium Iodine), Sweetener (Maltodextrin), Natural Sweetener (Thaumatococcus), Vitamins (Tocopheryl Acetate, Cholecalciferol, Ascorbic Acid, Cyanocobalamin, Folic Acid, Pyridoxine Hydrochloride, Nicotinamide, Riboflavin, Thiamine Hydrochloride, Retinyl Acetate), Probiotic (Lactobacillus Acidophilus).

Contains Gluten, Soy & Sulphites.

Does not contain Dairy, Lactose or Galactose.

Tony Ferguson Classic Smoothie (Vanilla Flavour)

Tony
Ferguson

× 14

CLASSIC SMOOTHIE

MEAL REPLACEMENT

VANILLA FLAVOUR

14 x 55G SACHETS

- ✓ Each sachet contains 3g of soluble fibre, Beta Glucan
- ✓ Helps decrease cholesterol
- ✓ Features 20 vitamins & minerals including calcium and Vitamin B

770g

TP
SUGAR
Free

DF
Dairy Free



Nutritional Information

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Servings per pack: 14 Serving size: 55g	Ave. quantity per serving	Ave. quantity per 100g with water
Energy	890 kJ (215 Cal)	1620 kJ (390 Cal)
Protein	11.7 g	21.4 g
Fat, Total	6.9 g	12.5 g
– Saturated	1.8 g	3.3 g
– Unsaturated	4.7 g	8.6 g
Carbohydrates, Total	18.5 g	33.5 g
– Sugars	2.4 g	4.3 g
– Lactose	NIL	NIL
– Galactose	NIL	NIL
Dietary Fibre	8.1 g	14.7 g
Sodium	140.1 mg	254.8 mg
Potassium	112.0 mg	203.6 mg
Phosphorus	250.1 mg (25% RDI)	450.2 mg
Calcium	200.0 mg (25% RDI)	360.0 mg
Magnesium	80.0 mg (25% RDI)	144.0 mg
Vitamin C (Ascorbic Acid)	10.0 mg (25% RDI)	18.2 mg
Iron (Ferric Pyrophosphate)	3.0 mg (25% RDI)	5.4 mg
Zinc	3.0 mg (25% RDI)	5.4 mg
Vitamin B3 (Nicotinamide)	2.5 mg (25% RDI)	4.5 mg
Vitamin E (Tocopherol Acetate)	2.5 mg (25% RDI)	4.5 mg
Vitamin B2 (Riboflavin)	425.0 mg (25% RDI)	765.0 µg
Vitamin B6 (Pyridoxine Hydrochloride)	400.0 µg (25% RDI)	720.0 µg
Vitamin B1 (Thiamine Hydrochloride)	275.0 µg (25% RDI)	495.0 µg
Vitamin A (Retinyl Acetate)	187.5 µg (25% RDI)	337.5 µg
Vitamin B9 (Folic Acid)	50.0 µg (25% RDI)	90.0 µg
Iodine	37.5 µg (25% RDI)	67.5 µg
Vitamin D3 (Cholecalciferol)	2.5 µg (25% RDI)	4.5 µg
Vitamin B12 (Cyanocobalamin)	0.5 µg (25% RDI)	0.9 µg

RDI: Recommended Dietary Intake.

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