

Ingredients:

Psyllium Husk Powder, Cacao Powder Organic, Maca Powder Organic, Prebiotic Fibre (Isomalto-Oligosaccharide), Coconut Flour Organic, Thaumatococcus, **Probiotics** (Lactobacillus Acidophilus).

Tony Ferguson Smoothie Bowl – Chocolate Cacao Flavour (7 Pack)

**Tony
Ferguson**

Smoothie Bowl

Chocolate Cacao Flavour

- ✓ Excellent source of fibre
- ✓ Contains organic cacao and maca powder
- ✓ Low in sugar



15g x 7 sachets

Nutritional Information

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Serving size: 15g (5g with 100ml milk)	Ave. quantity per serving	Ave. quantity per 100g	Ave. quantity when made up
Energy	169 kJ (40 Cal)	1130kJ (270 Cal)	469 kJ (112 Cal)
Protein	1.5 g	9.7 g	2.9 g
Fat, Total	0.5 g	3.1 g	2.0 g
- Saturated	0.3 g	1.8 g	0.4 g
- Unsaturated	0.2 g	1.4 g	1.6 g
Carbohydrates, Total	4.0 g	27.0 g	15.7 g
- Sugars	1.1 g	7.4g	8.6 g
Dietary Fibre, Total	8.5 g	57.0 g	10.2 g
Sodium	9.8 mg	65.5 mg	46.0 mg
Lactobacillus Acidophilus	18 Billion CFU	6.67 Billion CFU	18 Billion CFU

RDI: Recommended Dietary Intake.

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