

## Ingredients:

**Milk Solids** (Whey Protein Concentrate, Whole Milk Powder), **Prebiotic Fibre** (Isomalto-Oligosaccharide), **Emulsifier** (Lecithin Powder), **Natural Flavour**, **Sweetener** (Maltodextrin), **Minerals** (Potassium Phosphate Dibasic, Calcium Citrate, Magnesium Oxide, Ferric Pyrophosphate, Zinc Sulfate Monohydrate, Potassium Iodine), **Salt** (Sodium Chloride), **Thickening Agent** (Acacia Gum & Karaya Gum), Parsley Leaves, Red Bell Pepper, Parsley Powder, Beetroot Powder, **Vitamins** (Nicotinamide, Tocopherol Acetate, Ascorbic Acid, Riboflavin, Pyridoxine Hydrochloride, Retinyl Acetate, Folic Acid, Cholecalciferol, Cyanocobalamin, Thiamine Hydrochloride).

Contains Milk & Soy.

## Tony Ferguson Classic Vegetable Soup (7 Pack)



**FORMULATED MEAL REPLACEMENT. NOT TO BE USED AS A TOTAL DIET REPLACEMENT.**

### Directions for Use

Pour sachet contents into a bowl, add 250ml of boiling water and stir well to dissolve. Heat on high in microwave for a further 20 seconds if required.

### Storage

Store unopened in a clean, cool and dry place below 25°C.

Tony Ferguson soups contain 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.

## Nutritional Information

### Nutrition Information

Servings per pack: 7 Serving size: 385g	Ave. quantity per serving (55g)	Ave. quantity per 100g with water
Energy	876 kJ (209 Cal)	1590 kJ (380 Cal)
Protein	21.0 g	38.2 g
– Gluten	Nil	Nil
Fat, Total	6.4 g	11.6 g
– Saturated	3.3 g	6.0 g
– Unsaturated	3.1 g	5.6 g
Carbohydrates, Total	11.3 g	20.5 g
– Sugars	5.8 g	10.6 g
Dietary Fibre	7.9 g	14.3 g
Sodium	594.5 mg	1081.0 mg
Potassium	182.1 mg	331.2 mg
Calcium	200.0 mg (25% RDI)	360.0 mg
Phosphorus	250.1 mg (25% RDI)	450.2 mg
Magnesium	80.0 mg (25% RDI)	144.0 mg
Iron	3.0 mg (25% RDI)	5.4 mg
Zinc	3.0 mg (25% RDI)	5.4 mg
Iodine	37.5 µg (25% RDI)	67.5 µg
Vitamin E (Tocopherol)	2.5 mg (25% RDI)	4.5 mg
Vitamin D (Cholecalciferol)	2.5 µg (25% RDI)	4.5 µg
Vitamin C (Ascorbic Acid)	10.0 mg (25% RDI)	18.2 µg
Vitamin B12 (Cyanocobalamin)	0.5 µg (25% RDI)	0.9 µg
Folic Acid (Vitamin B9)	50.0 µg (25% RDI)	90.0 µg
Vitamin B6 (Pyridoxine)	400.0 µg (25% RDI)	720.0 µg
Niacin (Vitamin B3)	2.5 mg (25% RDI)	4.5 mg
Riboflavin (Vitamin B2)	425.0 µg (25% RDI)	765.0 µg
Thiamin (Vitamin B1)	275.0 µg (25% RDI)	495.0 µg
Vitamin A (Retinol)	187.5 µg (25% RDI)	337.5 µg

RDI: Recommended Dietary Intake.

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

RDI: Recommended Dietary Intake.

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