

Basic Report 14044, Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan

Report Date: January 25, 2015 15:20 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 bottle 295g
Proximates			
Water	g	88.33	260.57
Energy	kcal	58	171
Protein	g	6.59	19.44
Total lipid (fat)	g	2.88	8.50
Carbohydrate, by difference	g	0.85	2.51
Fiber, total dietary	g	0.4	1.2
Sugars, total	g	0.60	1.77
Minerals			
Calcium, Ca	mg	130	384
Iron, Fe	mg	0.96	2.83
Magnesium, Mg	mg	44	130
Phosphorus, P	mg	136	401
Potassium, K	mg	179	528
Sodium, Na	mg	72	212
Zinc, Zn	mg	0.85	2.51
Vitamins			
Vitamin C, total ascorbic acid	mg	19.4	57.2
Thiamin	mg	0.170	0.502
Riboflavin	mg	0.190	0.560
Niacin	mg	2.390	7.050
Vitamin B-6	mg	0.208	0.614
Folate, DFE	µg	69	204
Vitamin B-12	µg	0.60	1.77
Vitamin A, RAE	µg	171	504
Vitamin A, IU	IU	565	1667
Vitamin E (alpha-tocopherol)	mg	4.58	13.51

Nutrient	Unit	1 Value Per100 g	1 bottle 295g
Vitamin D (D2 + D3)	µg	1.1	3.2
Vitamin D	IU	45	133
Vitamin K (phylloquinone)	µg	6.5	19.2
Lipids			
Fatty acids, total saturated	g	0.450	1.328
Fatty acids, total monounsaturated	g	2.100	6.195
Fatty acids, total polyunsaturated	g	0.290	0.855
Cholesterol	mg	4	12
Other			
Caffeine	mg	0	0