

Whey Thins™ Tomato & Basil

NUTRITION INFORMATION

Servings per Package: 10
Serving Size: 1 Packet (25 g)

	Ave. Quantity per Serving	Ave. Quantity per 100 g
Energy	418 kJ (100 Cal)	1670 kJ (400 Cal)
Protein	10 g	40 g
Fat, total	3 g	12 g
- saturated	1 g	4 g
Carbohydrate	10 g	30 g
- sugars	1 g	4 g
Dietary fibre	0 g	0 g
Sodium	210 mg	840 mg

Ingredients: Whey protein concentrate (undenatured) (45%), brown rice flour, tomato basil seasoning [tomato powder, maltodextrin, salt, buttermilk, mozzarella cheese (skim milk, salt, cheese cultures, enzymes), spices, garlic powder, onion powder, sugar, yeast extract, citric acid, natural flavour, extractives of paprika, extra virgin olive oil], sunflower oil, bulking agent (170)

Contains milk ingredients.



SOY-FREE



GLUTEN-FREE



LOW-GLYCAEMIC*



KOSHER



*The glycaemic index of this shake is 45 indicating that it has a relatively 'low' effect on a person's glycaemic response.