

Range Nutritional Specifications



FORMULITE®

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Formulite Meal Replacement Shakes - Nutritional Specifications

Average across all flavours - Creamy Vanilla, Choc Hazelnut, Coffee, Banana and Honeycomb

NUTRITION INFORMATION WHEN MADE UP AS DIRECTED WITH 300mL WATER			
Serving size: 55g of powder in 300mL of water			
	Average Qty Per Serving	Average Qty Per 100mL	Average Qty Per 100g
ENERGY	864kJ	288kJ	1570kJ
CALORIES	207Cal	69Cal	376Cal
PROTEIN	33.9g	11.3g	61.6g
FAT - TOTAL	3.8g	1.3g	6.8g
- SATURATED	2.7g	0.9g	4.9g
- MCT's	1.0g	0.3g	1.9g
CARBOHYDRATES- TOTAL	10.4g	3.5g	18.9g
- SUGARS	3.8g	1.3g	6.9g
SODIUM	149mg	50mg	270mg
POTASSIUM	737mg	246mg	1340mg
GLUTEN	Nil Detected	Nil Detected	Nil Detected
DIETARY FIBRE	3.5g	1.2g	6.3g

Ingredients

Protein Blend (Whey Protein Concentrate (from Milk), Micellar Casein (from Milk), Whey Protein Isolate (from Milk) [Lecithin from Sunflower], Soluble Dietary Fibre (Digestion Resistant Maltodextrin (Fibersol-2®), Inulin, Flavours, Medium Chain Triglyceride (MCT Oil) Powder, Minerals (Di-Potassium Phosphate, Tri-Calcium Phosphate, Sodium Molybdate, Magnesium Oxide, Ferrous Glucanate, Zinc Sulphate, Manganese Sulphate, Copper Gluconate, Potassium Iodide, Chromium Chloride, Sodium Selenite), Mineral Salt (Potassium Chloride), Vegetable Gum (Guar Gum, Xanthum Gum), Food Acid (Sodium Citrate), Probiotic (LactoSpore® - Bacillus coagulans MTCC 5856), Vitamins (L-Ascorbic Acid, dl-alpha Tocopheryl Acetate, Niacinamide, Riboflavin, Pyridoxine Hydrochloride, Calcium D-Pantothenate, Thiamin Hydrochloride, Retinyl Acetate, Folic Acid, Vitamin K1, D-Biotin, Cholecalciferol, Cyanocobalamin), Digestive Enzyme (Digezyme® - α-Amylase, Cellulase, Lipase, Lactase, Protease), Sweetener (Stevia) Chocolate Flavour also contains Cocoa powder, Coffee flavour also contains Instant Coffee Powder (55mg Caffeine per serve naturally derived from coffee powder), Honeycomb and Banana Flavours also contain Colour (102.110).

TYPICAL AMINO ACID PROFILE	
ESSENTIAL	Av. Qty Per 100mL
ISOLEUCINE **	2157 mg
LEUCINE **	3765 mg
LYSINE	3392 mg
METHIONINE	933 mg
PHENYLALINE	1480 mg
THREONINE	2459 mg
TRYPTOPHAN	360 mg
VALINE **	1654 mg
NON-ESSENTIAL	Av. Qty Per 100mL
HISTIDINE	853 mg
ALANINE	1805 mg
ARGININE	1145 mg
ASPARTIC ACID	3251 mg
CYSTINE	570 mg
GLUTAMIC ACID	6454 mg
GLYCINE	785 mg
PROLINE	3066 mg
SERINE	2228 mg
TYROSINE	1515 mg
** Branch Chain Amino Acids BCAA	

Contains: Milk

May contain: Egg, Peanut, Tree Nuts, Soy

FORMULATED MEAL REPLACEMENT

Not suitable as sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years or pregnant women. If you have medical issues, please consult your health care professional before using Formulite Shakes.

Formulite Meal Replacement Shake - Vitamins & Minerals

Applies to all flavours

MEAL REPLACEMENT SHAKES VITAMINS & MINERALS MIX					
Flavours: Creamy Vanilla, Choc Hazelnut, Coffee, Banana and Honeycomb					
Serving size: 55g in 300mL of water					
	Average Qty Per Serve			Average Qty Per 100mL	Average Qty Per 100g
VITAMINS					
VITAMIN A	300µg	40%	RDI*	100µg	545µg
VITAMIN B1	0.55mg	50%	RDI*	0.2mg	1.00mg
VITAMIN B2	0.85mg	50%	RDI*	0.3mg	1.55mg
VITAMIN B3	5.00mg	50%	RDI*	1.7mg	9.09mg
PANTOTHENIC ACID	0.80mg	17%	ESADDI^	0.3mg	1.45mg
VITAMIN B6	0.80mg	50%	RDI*	0.3mg	1.45mg
BIOTIN	5.00µg	17%	ESADDI^	1.7µg	9.09µg
FOLATE	100µg	25%	RDI*	33µg	182µg
VITAMIN B12	1.00µg	50%	RDI*	0.3µg	1.82µg
VITAMIN C	20.0mg	50%	RDI*	6.7mg	36.4mg
VITAMIN D3	4.00µg	40%	RDI*	1.3µg	7.27µg
VITAMIN E	5.00mg	50%	RDI*	1.7mg	9.09mg
VITAMIN K1	40.0µg	50%	ESADDI^	13µg	72.7µg
MINERALS					
CALCIUM	260mg	32%	RDI*	86.6mg	473mg
CHROMIUM	23.8µg	12%	ESADDI^	7.9µg	43.3µg
COPPER	0.30µg	10%	ESADDI^	0.1mg	0.5mg
IODINE	41.3µg	28%	RDI*	13.8µg	75.0µg
IRON	3.12mg	26%	RDI*	1.0mg	5.7mg
MAGNESIUM	105mg	33%	RDI*	35mg	191mg
MANGANESE	0.60mg	12%	ESADDI^	0.2mg	1.1mg
MOLYBDENUM	25.5µg	10%	ESADDI^	8.5µg	46.4µg
PHOSPHORUS	255mg	25%	RDI*	85mg	464mg
SELENIUM	17.5µg	25%	RDI*	5.8µg	31.8µg
ZINC	3.15mg	26%	RDI*	1.0mg	5.7mg
PROBIOTIC					
BACILUS COAGULANS MTCC 5856	1.65 billion CFU			0.6 billion CFU	3.0 billion CFU

*Percentage of Recommended Daily Intake

^Estimated of Safe and Adequate Daily Dietary Intake

Formulite Meal Replacement Bar - Nutritional Specifications

Flavours: Chocolate Crisp and Lemon & Coconut

NUTRITION INFORMATION		
Flavour: Choc Crisp Serving Size: 65g (32.5g x 2)		
	Average Qty Per Serving	Average Qty Per 100g
ENERGY	1010kJ	1550kJ
CALORIES	242Cal	371Cal
PROTEIN	20g	30.7g
- GLUTEN	Nil Detected	Nil Detected
FAT - TOTAL	7g	10.8g
- SATURATED	3.6g	5.5g
CARBOHYDRATES	14.4g	22.1g
- SUGARS	10.0g	15.5g
DIETARY FIBRE	5.6g	8.7g
- POLYDEXTROSE	5.1g	7.9g
SODIUM	223mg	343mg
SORBITOL	3.3g	5.0g
GLYCEROL	5.1g	7.9g

Ingredients

Milk Chocolate 20% (Cocoa Solids, Sugar, Milk Solids, Emulsifier (Soy Lecithin), Natural Flavour), Polydextrose, Whey Protein Isolate (Milk), Brown Rice Syrup, Humectant (Glycerol), Soy Protein Crisps (Isolated Soy Protein, Cocoa Powder, Tapioca Starch), Sweetener (Sorbitol), Calcium Caseinate (Milk), Whey Protein Concentrate (Milk), Milk Protein Concentrate, Minerals (Phosphorus, Calcium, Magnesium, Iron, Zinc, Manganese, Copper, Molybdenum, Iodine, Potassium, Chromium, Selenium), Sunflower Oil, Cocoa Powder 1%, Natural Flavour, Maltodextrin, Salt, Emulsifier (Sunflower Lecithin), Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).

Contains: Milk, Soy.

May contain: Peanut, Sesame, Tree Nuts.

Milk chocolate contains 40% cocoa solids minimum and 20% milk solids minimum.

NUTRITION INFORMATION		
Flavour: Lemon & Coconut Serving Size: 65g (32.5g x 2)		
	Average Qty Per Serving	Average Qty Per 100g
ENERGY	1040kJ	1590kJ
CALORIES	248Cal	381Cal
PROTEIN	20.0g	30.7g
- GLUTEN	Nil Detected	Nil Detected
FAT - TOTAL	8.3g	12.8g
- SATURATED	4.7g	7.2g
CARBOHYDRATES	13.4g	20.6g
- SUGARS	9.5g	14.7g
DIETARY FIBRE	5.2g	8.1g
- POLYDEXTROSE	4.9g	7.6g
SODIUM	221mg	340mg
SORBITOL	3.2g	4.9g
GLYCEROL	5.0g	7.6g

Ingredients

White Chocolate 20% (Sugar, Cocoa Solids, Milk Solids, Emulsifier (Soy Lecithin), Natural Flavour), Polydextrose, Whey Protein Isolate (Milk), Brown Rice Syrup, Soy Protein Crisps (Isolated Soy Protein, Tapioca Starch, Salt), Humectant (Glycerol), Sweetener (Sorbitol), Calcium Caseinate (Milk), Whey Protein Concentrate (Milk), Milk Protein Concentrate, Minerals (Phosphorus, Calcium, Magnesium, Iron, Zinc, Manganese, Copper, Molybdenum, Iodine, Potassium, Chromium, Selenium), Coconut 2%, Sunflower Oil, Currants, Maltodextrin, Natural Flavour, Salt, Emulsifier (Sunflower Lecithin), Natural Lemon Flavour, Natural Colour (160a), Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).

Contains: Milk, Soy.

May contain: Peanut, Sesame, Tree Nuts.

White chocolate contains 35% cocoa solids minimum and 25% milk solids minimum.

Formulite Meal Replacement Bars - Vitamins & Minerals

MEAL REPLACEMENT BARS VITAMINS & MINERALS MIX				
Flavours: Chocolate Crisp and Lemon & Coconut				
Serving Size: 65g				
	Average Qty Per Serve			Average Qty Per 100mL
MAGNESIUM	80mg	25%	RDI*	123mg
CALCIUM	200mg	25%	RDI*	308mg
PHOSPHORUS	250mg	25%	RDI*	385mg
IRON	3.0mg	25%	RDI*	4.6mg
ZINC	3.0mg	25%	RDI*	4.6mg
MANGANESE	0.9mg	17%	ESADDI^	1.3mg
COPPER	0.5mg	17%	ESADDI^	0.7mg
SELENIUM	18.0µg	25%	RDI*	27µg
IODINE	38.0µg	25%	RDI*	58µg
CHROMIUM	34.0µg	17%	ESADDI^	52µg
MOLYBDENUM	43.0µg	17%	ESADDI^	65µg
VITAMIN A	188µg	25%	RDI*	289µg
THIAMIN	0.3mg	25%	RDI*	0.4mg
RIBOFLAVIN	0.4mg	25%	RDI*	0.7mg
NIACIN	2.5mg	25%	RDI*	3.9mg
PANTOTHENIC ACID	0.8mg	16%	ESADDI^	1.2mg
VITAMIN B6	0.4mg	25%	RDI*	0.6mg
VITAMIN B12	0.5µg	25%	RDI*	0.8µg
VITAMIN C	10mg	25%	RDI*	5.0mg
VITAMIN D	2.5µg	25%	RDI*	3.8µg
VITAMIN E	2.5mg	25%	RDI*	3.8mg
VITAMIN K	20µg	25%	ESADDI^	31µg
BIOTIN	5.0µg	25%	RDI*	7.7µg
FOLATE	50µg	25%	RDI*	77µg

FORMULATED MEAL REPLACEMENT

Not suitable as sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program. Not suitable for children under 15 years or pregnant women. If you have medical issues, please consult your health care professional before using Formulite Bars.

*Percentage of Recommended Daily Intake

^Estimated of Safe and Adequate Daily Dietary Intake

Formulite Recovery Protein - Nutritional Specifications

Flavours: Flavour-Free, Berry Apple, Mango Passion, Lemon Lime

NUTRITION INFORMATION WHEN MADE UP AS DIRECTED WITH 400mL WATER - FLAVOUR FREE			
Servings per package: 4 (sachets)			
Serving size: 400mL (1 sachet approximately 18g powder)			
	Average Qty Per Serving	Average Qty Per 100mL	Average Qty Per 100g
ENERGY	283kJ	71kJ	1570kJ
CALORIES	68Cal	17Cal	375Cal
PROTEIN	16.4g	4.0g	91.3g
- GLUTEN	Nil Detected	Nil Detected	Nil Detected
FAT - TOTAL	0.07g	0.02g	0.4g
- SATURATED	0.04g	0.01g	0.2g
CARBOHYDRATES- TOTAL	<0.1g	<0.1g	<0.1g
- SUGARS	<0.1g	<0.1g	<0.1g
- LACTOSE	Nil Detected	Nil Detected	Nil Detected
- GALACTOSE	Nil Detected	Nil Detected	Nil Detected
SODIUM	141mg	35mg	783mg
POTASSIUM	55mg	14mg	306mg

NUTRITION INFORMATION WHEN MADE UP AS DIRECTED WITH 400mL WATER - FLAVOURED			
Servings per package: 3 (sachets)			
Serving size: 400mL (1 sachet approximately 18g powder)			
	Average Qty Per Serving	Average Qty Per 100mL	Average Qty Per 100g
ENERGY	276kJ	69kJ	1533kJ
CALORIES	66Cal	16Cal	367Cal
PROTEIN	15.4g	3.9g	85.7g
- GLUTEN	Nil Detected	Nil Detected	Nil Detected
FAT - TOTAL	0.09g	0.02g	0.5g
- SATURATED	0.04g	0.01g	0.2g
CARBOHYDRATES- TOTAL	1.4g	0.3g	7.5g
- SUGARS	0.9g	0.2g	5.2g
- LACTOSE	Nil Detected	Nil Detected	Nil Detected
- GALACTOSE	Nil Detected	Nil Detected	Nil Detected
SODIUM	198mg	50mg	1100mg
POTASSIUM	55mg	14mg	306mg

Ingredients

Flavour-Free Hydrolysed Collagen Protein from Bovine (79.1%), Amino Acid Blend (L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, L-Tryptophan), Mineral Salt (Sodium Chloride, Potassium Phosphate), Vitamin C (as Ascorbic Acid) (80mg/serve). **Berry Apple Flavour** Hydrolysed Collagen Protein from Bovine (67.7%), Amino Acid Blend (L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, L-Tryptophan), Flavours, Food Acid (Malic, Citric), Mineral Salt (Sodium Chloride, Potassium Phosphate), Vitamin C (as Ascorbic Acid) (80mg/serve), Sweetener (Stevia), Colour (124). **Mango Flavour** Hydrolysed Collagen Protein from Bovine (67.7%), Amino Acid Blend (L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, L-Tryptophan), Flavours, Food Acid (Citric), Mineral Salt (Sodium Chloride, Potassium Phosphate), Vitamin C (as Ascorbic Acid) (80mg/serve), Sweetener (Stevia), Colour (110). **Lemon Lime Flavour** Hydrolysed Collagen Protein from Bovine (67.7%), Amino Acid Blend (L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, L-Tryptophan), Flavours, Food Acid (Citric), Mineral Salt (Sodium Chloride, Potassium Phosphate), Vitamin C (as Ascorbic Acid) (80mg/serve), Sweetener (Stevia), Colour (102,133).

May contain: Milk, Peanuts, Tree Nuts, Fish, and Soy

Formulated Supplementary Sports Food

Not suitable for children under 15 years or pregnant women. Should be only used under medical or dietetic supervision. Not suitable as sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate exercise program.

TYPICAL AMINO ACID PROFILE WHEN MADE UP AS DIRECTED ^A			
Average Qty Per 400mL			
ALANINE	1221mg	HYDROXYLYSINE	106mg
ARGININE	1125mg	METHIONINE	226mg
ASPARTIC ACID	624mg	PHENYLALANINE	279mg
GLUTAMIC ACID	1354mg	PROLINE	1699mg
L-GLUTAMINE* (Added 1900mg/serve)	1900mg	HYDROXYPROLINE	1407mg
GLYCINE	3040mg	SERINE	437mg
HISTIDINE	94mg	THREONINE	279mg
ISOLEUCINE* (Added 1900mg/serve)	508mg	TRYPTOPHAN* (Added 100mg/serve)	100mg
LEUCINE* (Added 490mg/serve)	808mg	TYROSINE	135mg
LYSINE	578mg	VALINE* (Added 350mg/serve)	774mg

^A Specified values are averages across 4 varieties. Amino Acids naturally derived from hydrolysed collagen protein. *Includes added amino acids.

Formulite Lupin Soup - Nutritional Specifications

Flavours: Chicken, Beef or Vegetable

NUTRITION INFORMATION WHEN MADE UP AS DIRECTED WITH 250mL WATER

Flavour: Chicken or Beef
Serving Size: 38g to 250mL water

	Average Qty Per Serving	Average Qty Per 100mL
ENERGY	433kJ	173kJ
CALORIES	105Cal	41.3Cal
PROTEIN	22g	8.8g
- GLUTEN	Nil Detected	Nil Detected
FAT - TOTAL	1.0g	0.4g
- SATURATED	0.14g	0.06g
CARBOHYDRATES	2.2g	0.9g
- SUGARS	1.0g	0.4g
DIETARY FIBRE	7.0g	2.8g
SODIUM	450mg	180mg
POTASSIUM	165mg	66mg

Ingredients

Lupin flakes (37%), vegetables (14%), onion powder, tomato powder, spinach powder, celery, carrot, garlic, hydrolysed beef collagen, thickener (guar gum), salt, maize starch, spices, extra virgin olive oil, rice bran oil, flavour enhancers (disodium inosinate, disodium guanylate), anticaking agent (silicon dioxide), natural chicken flavour.

Minerals: Calcium, magnesium, iron, zinc, manganese, copper, iodine, molybdenum, chromium, selenium. VITAMINS: Vitamin C, riboflavin, vitamin E, vitamin B5, niacin, vitamin B6, thiamin, vitamin A, folate, Vitamin D, Vitamin B12.

Contains Lupins.

May Contain: Peanut, Sesame, Soy, Tree Nuts.

NUTRITION INFORMATION WHEN MADE UP AS DIRECTED WITH 250mL WATER

Flavour: Vegetable
Serving Size: 38g to 250mL water

	Average Qty Per Serving	Average Qty Per 100mL
ENERGY	267kJ	107kJ
CALORIES	64Cal	25.6Cal
PROTEIN	12.5g	5.0g
- GLUTEN	Nil Detected	Nil Detected
FAT - TOTAL	1.6g	0.6g
- SATURATED	0.25g	0.1g
CARBOHYDRATES	2.5g	1.0g
- SUGARS	0.7g	0.3g
DIETARY FIBRE	10.5g	4.2g
SODIUM	450mg	180mg
POTASSIUM	285mg	114mg

Ingredients

Lupin flakes (74%), vegetables (onion powder, tomato powder, spinach powder, celery, carrot, garlic), thickener (guar gum), salt, maize starch, spices, extra virgin olive oil, rice bran oil, flavour enhancers (disodium inosinate, disodium guanylate), anticaking agent (silicon dioxide).

Minerals: Calcium, magnesium, iron, zinc, manganese, copper, iodine, molybdenum, chromium, selenium. VITAMINS: Vitamin C, riboflavin, vitamin E, vitamin B5, niacin, vitamin B6, thiamin, vitamin A, folate, Vitamin D, Vitamin B12.

Contains Lupins.

May Contain: Peanut, Sesame, Soy, Tree Nuts.

Formulite Lupin Soup - Vitamins and Minerals

Flavours: Chicken, Beef or Vegetable

LUPIN SOUP VITAMINS & MINERALS MIX				
	Quantum Per Serve (RDI) Claimed			Avg. Per 100g
CALCIUM	400mg	50%	RDI*	160mg
MAGNESIUM	160mg	50%	RDI*	64mg
VITAMIN C	25mg	63%	RDI*	10mg
NIACIN	6.0mg	60%	RDI*	2.4mg
IRON	6.0mg	50%	RDI*	2.4mg
VITAMIN E	5.0mg	50%	RDI*	2.0mg
ZINC	5.0mg	42%	RDI*	2.0mg
VITAMIN B5	2.7mg	54%	ESADDI^	1.1mg
MANGANESE	1.0mg	20%	ESADDI^	0.4mg
RIBOFLAVIN	0.85mg	50%	RDI*	0.34mg
COPPER	0.8µg	27%	ESADDI^	0.32mg
VITAMIN B6	0.8mg	50%	RDI*	0.32mg
THIAMIN	0.55mg	50%	RDI*	0.22mg
VITAMIN A	332µg	44%	RDI*	133µg
FOLATE	133µg	67%	RDI*	53µg
IODINE	75µg	50%	RDI*	30µg
MOLYBENUM	67µg	27%	ESADDI^	27µg
CHROMIUM	33µg	17%	ESADDI^	13µg
SELENIUM	14µg	20%	RDI*	6µg
BIOTIN	6.7µg	22%	ESADDI^	2.7µg
VITAMIN D	2.5µg	25%	RDI*	1.0µg
VITAMIN B12	1.7µg	85%	RDI*	0.7µg

*Percentage of Recommended Daily Intake

^Estimate of Safe and Adequate Daily Dietary Intake

Formulated Supplementary Sports Food

Not suitable for children under 15 years or pregnant women. Should be only used under medical or dietetic supervision. Not suitable as sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate exercise program.



FORMULITE®

For further information, please email
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www.formulite.com.au