

Salted Caramel Power Shake

Ingredients: Oat Milk (Water, Gluten Free Oats), Banana Puree, Soya Protein, Dates, **Pecan Nut Butter** (100% Pecans), Coconut Cream, Cornflour, Natural Caramel Flavouring, Vitamin & Mineral Complex, Salt

Allergens in **BOLD**. May contain traces of other Nuts
Contains naturally occurring sugars. Gluten free.

NUTRITIONAL INFORMATION

TYPICAL VALUES	PER 100g	PER BOL 410g	R ¹ PER 410g	R ² PER 410g
Energy kJ	305	1251	15%	15%
Energy kcal	73	299	15%	15%
Fat (g)	2.8	11.5	16%	
of which saturates (g)	0.4	1.8	9%	
Carbohydrate (g)	6.7	27.4	11%	
of which sugars (g)	4.5	18.5	21%	
Fibre (g)	0.5	2.1		
Protein (g)	5.1	20.9	42%	
Salt (g)	0.22	0.90	15%	

¹Reference Intake of an average adult
(8400kJ/2000kcal)

MICRONUTRIENTS BREAKDOWN

TYPICAL VALUES	PER 100g	PER BOL 410g	%NRV ^{**} 410g
Vitamin A (ug)	57	232	29
Vitamin D (ug)	0.4	1.5	30
Vitamin E (mg)	0.8	3.5	29
Vitamin K (ug)	4.7	19	26
Vitamin C (mg)	17	69	87
Thiamin (mg)	0.1	0.4	36
Riboflavin (mg)	0.2	0.9	64
Niacin (mg)	1.0	4.1	26
Vitamin B6 (mg)	0.3	1.2	86
Folic Acid (ug)	13	52	26
Vitamin B12 (ug)	0.2	0.7	28
Biotin (ug)	3.2	13	26
Pantothenate (mg)	0.4	1.7	28
Chloride (mg)	86	351	44
Calcium (mg)	55	225	28
Potassium (mg)	156	641	32
Phosphorus (mg)	40	163	23
Magnesium (mg)	34	139	37
Iron (mg)	3.3	13	96
Zinc (mg)	0.6	2.3	23
Copper (mg)	0.05	0.20	20
Manganese (mg)	0.1	0.4	20
Selenium (ug)	2.6	11	19
Chromium (ug)	1.9	7.7	19
Molybdenum (ug)	2.4	10	19
Iodine (ug)	71	29	19

^{**}Nutrient Reference Values (NRV) in 410g
400ml (equivalent to 410g)

 This BOL is high in protein which contributes to the maintenance of muscle mass. Eat as part of a balanced diet and healthy lifestyle