

Juice PLUS+ COMPLETE

VEGETABLE SOUP +

Meal Replacement for Weight Control.
Powder for preparing a soup.

Ingredients:

Soy protein, potato flakes, (potato, emulsifier: mono- and diglycerides of fatty acids; stabiliser: disodium diphosphate; antioxidants: ascorbylpalmitate, sodium metabisulphite; spice extract), inulin, mixed vegetables (10 %): carrot pieces (43%)^a, peas, celery granules, cauliflower pieces (8%)^a, leek pieces, broccoli (6%)^a; granulated broth (condiment, salt), pea protein, rapeseed oil powder (rapeseed oil, maltodextrin), soya oil powder (soybean oil, maltodextrin), algae oil powder (glucose syrup, algae oil^b, modified starch, antioxidants: sodium ascorbate, tocopherol rich extract, ascorbyl palmitate; stabiliser: sodium polyphosphate; sunflower oil, anti-caking agent: tri-calcium phosphate; sunflower lecithin, emulsifier: mono- and diglycerides of stearate; flavouring), seasoning mix (sea salt, maltodextrin, yeast extract, starch, palm fat, celery, onion, spices), thickener: locust bean gum, minerals (calcium citrate, magnesium carbonate, ferric(III) pyrophosphate, zinc sulphate, copper sulphate, manganese chloride, potassium iodide, sodium selenite), beta-glucan^c, spinach powder, dried herbs: parsley, marjoram, chives; onion powder, flavouring (with celery), vitamins (vitamin C, niacin, vitamin E, pantothenic acid, vitamin B₆, vitamin B₁, vitamin A, vitamin B₂, biotin, folic acid, vitamin D, vitamin B₁₂).

^a % values in relation to total vegetable content

^b DHA-rich oil from the microalgae Schizochytrium sp.

^c Beta-glucan from yeast (*Saccharomyces cerevisiae*)

The Vegetable Soup is gluten-free.

Contains beta-glucan

Net quantity of contents: 885 g
30 single serving sachets of 29.5 g

This product is manufactured in Germany, exclusively for:

The Juice PLUS+ Company Europe GmbH, CH-4051 Basel, Switzerland

The Juice PLUS+ Company GmbH, D-79576 Weil a. Rhein, Germany

Best before end date and batch / lot no.: see side of box

SKU 220501050

Nutrition Information	per 100g	per portion ready-to-eat ^d	%NRV ^e
Energy	1454 kJ 347 kcal	1054 kJ 251kcal	
Fat	10.0 g	8.0 g	
of which saturates	1.4 g	3.6 g	
of which monounsaturates	3.1 g	2.0 g	
of which polyunsaturates	4.6 g	1.5 g	
of which omega-3 fatty acids	1.2 g	0.4 g	
Carbohydrate	22 g	21 g	
of which sugar	5.5 g	16.5 g	
of which fructose	1.1 g	0.32 g	
Fibre	16.3 g	4.8 g	
of which beta-glucan	0.68 g	0.2 g	
Protein	33 g	20 g	
Salt	7.6 g	2.6 g	
Vitamin A (RE)	1085 µg	320 µg	40
Vitamin D	5.4 µg	1.6 µg	32
Vitamin E (α-TE)	16.0 mg	4.8 mg	40
Vitamin C	109 mg	32 mg	40
Vitamin B ₁	1.2 mg	0.44 mg	40
Vitamin B ₂	0.42 mg	0.56 mg	40
Niacin (NE)	22 mg	6.4 mg	40
Vitamin B ₆	1.9 mg	0.56 mg	40
Folic acid	271 µg	80 µg	40
Vitamin B ₁₂	2.2 µg	1.5 µg	60
Biotin	47 µg	20 µg	40
Pantothenic acid	5.2 mg	2.4 mg	40
Calcium	490 mg	510 mg	64
Phosphorus	420 mg	410 mg	59
Potassium	502 mg	630 mg	32
Iron	19 mg	5.6 mg	40
Zinc	17 mg	6.0 mg	60
Copper	1.7 mg	0.5 mg	50
Iodine	170 µg	60 µg	40
Selenium	69 µg	20 µg	36
Magnesium	413 mg	160 mg	43
Manganese	1.7 mg	0.5 mg	25

^d A portion of 29.5 g powder mixed with 300 ml of semi skimmed milk, following instructions

^e Percentage of Nutrient Reference Values for the daily intake of vitamins and minerals (adults)

It's Your Life. Make It Complete.

Recommended consumption:

Replace a maximum of 2 meals per day with 1 serving each of Juice PLUS+ Complete.

Instructions for use:

Heat 300 ml of semi-skimmed milk in a saucepan. Add the contents of one sachet of Vegetable Soup powder and stir well with a whisk. Leave to stand for about 1 minute before eating. It is important that you follow these instructions when preparing your soup.

Please note:

The Vegetable Soup has been carefully developed in order to meet scientific criteria for meal replacement products, resulting in a high quality product that can be used to replace 1 - 2 meals per day. One Sachet will provide balanced proportions of the nutrients you need to replace one meal. The protein is from vegetable sources only and has a high biological value.

The Vegetable Soup will only have the desired effect when used as part of a calorie controlled diet and healthy lifestyle. Other foodstuffs should be included as part of such a diet.

It is important to drink enough when you use this product. This product is not a replacement for a balanced, varied diet and a healthy lifestyle.

Children, pregnant and breast feeding women and those with specific medical conditions or wishing to lose more than 20% of their body weight should consult a doctor before undertaking any weight loss regime.

Substituting one daily meal of an energy restricted diet with a meal replacement product of this kind contributes to the **maintenance of weight** following weight loss.

Substituting two daily meals of an energy restricted diet with meal replacement products of this kind contributes to **weight loss**.

This product is subject to continuous laboratory controls.

Store in a dry place, at ambient temperatures up to 25°C.

Sachets not to be sold separately

Best before:

Lot-Nr.: