

Juice PLUS+[®] COMPLETE[®]

**Meal Replacement for weight control.
Chocolate Milk Shake Powder**

Ingredients:

Vegetable protein mix (from **soya**, **soya** tofu, rice, chickpeas), fructose, fibre mix (**oat bran**, cellulose, rice bran, pectin, apple fibre), **soya** lecithin, thickeners (guar gum, carrageenan), sunflower oil, cocoa powder, vitamin mix (vitamin A, vitamin D, vitamin E, folic acid, niacin, pantothenate, vitamin B₁, vitamin B₂, vitamin B₆, vitamin C), mineral mix (copper, iron, magnesium, manganese, potassium, selenium, zinc, iodine), flavourings, rice maltodextrin, anticaking agents: silicon dioxide, calcium silicate; fruit powder blend (apple, orange, pineapple, cranberry, peach, acerola cherry, papaya), inulin, colouring (beta-carotene), vegetable powder blend (carrot, parsley, beetroot, broccoli, kale, cabbage, spinach, tomato), pineapple powder, papaya powder, pumpkin seed flour, Norwegian kelp.

Gluten free

Net weight of contents of box 3150 g (6 pouches)

One pouch contains 525 g (15 x 35g servings)

This product is produced exclusively in the USA for:

NSA Europe GmbH, CH-4051 Basel, Switzerland

NSA GmbH, D-79576 Weil am Rhein, Germany

Item no.: 2360UK

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

Store in a dry place at max. 24 °C.

After opening, store in the refrigerator and consume within 30 days.

Chocolate

Recommended consumption:

Replace a maximum of 2 meals per day with 1 serving each of Juice PLUS+[®] COMPLETE.

Preparation:

Stir one scoop (35g) of powder into 250ml of skimmed milk using a fork or whisk or prepare in a shaker. The shake can also be mixed with a milk frother or a hand-held blender. Wait 1 minute before drinking. Adding 2-3 ice cubes makes Juice PLUS+[®] COMPLETE taste even creamier!

It is important that you follow these instructions when preparing your COMPLETE Shake.

Please note:

Juice PLUS+[®] COMPLETE provides the nutritional elements of a whole meal, delivering a balanced mix of carbohydrates, protein and fat, and also contains a useful amount of fibre, micro nutrients (such as vitamins and minerals) and secondary plant materials. The protein, which is solely plant based, has a high biological value. Juice PLUS+[®] COMPLETE is characterised by its low glycemex index.

Juice PLUS+[®] COMPLETE will only have its desired effect on weight when used as part of a calorie controlled diet and healthy lifestyle. Other foods should be included in this diet.

It is important to drink enough when you use Juice PLUS+[®] COMPLETE. This product is not a replacement for a balanced, varied diet and a healthy lifestyle.

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.

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.

Nutrition Information	Per 100g powder	Per serving (prepared) ^a	% GDA ^b
Energy	1596kJ 379kcal	932kJ 221kcal	
Fat	7.7g	2.8g	
of which saturates	1.5g	0.5g	
of which monounsaturates	2.5g	0.8g	
of which polyunsaturates	3.6g	1.7g	
Carbohydrate	41g	27g	
of which sugars	34.9g	24.8g	
Fibre	13g	4.5g	
Protein	30.0g	19.6g	
Salt	1.34g	0.80g	
Calcium	93mg	340mg	42
Phosphorus	870mg	547mg	67
Potassium	1898mg	1039mg	52
Magnesium	66.0mg	58mg	15
Iron	15mg	5.6mg	40
Zinc	14.4mg	6.1mg	61
Copper	1.3mg	0.45mg	45
Iodine	168µg	68µg	46
Selenium	35µg	16.5µg	30
Manganese	0.85mg	0.31mg	16
Vitamin A (RE)	660µg	240µg	30
Vitamin D	4.2µg	1.5µg	30
Vitamin E (α TE)	9.5mg	3.3mg	28
Vitamin C	30.1mg	13.5mg	17
Vitamin B ₁	0.7mg	0.3mg	31
Vitamin B ₂	0.1mg	0.6mg	41
Niacin (NE)	14.7mg	5.5mg	34
Vitamin B ₆	1.0mg	0.5mg	34
Folic acid	150µg	65µg	33
Vitamin B ₁₂	0µg	0.8µg	31
Biotin	9µg	7.0µg	15
Pantothenic acid	0.5mg	0.9mg	15

^a 35g of powder prepared with 250ml skimmed milk

^b Percentage of the guideline daily amount for the intake of vitamins and minerals (adult)