

# Juice PLUS+ COMPLETE®

**Meal Replacement for weight control.  
Vanilla 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, flavourings, vitamin mix (vitamin A, vitamin D, vitamin E, folic acid, niacin, pantothenic acid, vitamin B<sub>1</sub>, vitamin B<sub>2</sub>, vitamin B<sub>6</sub>, vitamin C), mineral mix (copper, iron, magnesium, manganese, potassium, selenium, zinc, iodine), 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, beet, 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.: 2370UK**

**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.**

# Vanilla

## 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 glycemic 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) <sup>a</sup>	% GDA <sup>b</sup>
Energy	1614kJ 383kcal	942kJ 223kcal	
Fat	6.9g	2.6g	
of which saturates	0.9g	0.3g	
of which monounsaturates	2.2g	0.7g	
of which polyunsaturates	3.6g	1.7g	
Carbohydrate	44.5g	28.2g	
of which sugars	40.0g	26.6g	
Fibre	10.5g	3.7g	
Protein	30.5g	19.8g	
Salt	1.42g	0.84g	
Calcium	86mg	338mg	42
Phosphorus	838mg	536mg	77
Potassium	1528mg	910mg	46
Magnesium	24.4mg	55mg	15
Iron	13.4mg	5.0mg	36
Zinc	13.8mg	5.9mg	59
Copper	1.0mg	0.35mg	35
Iodine	160µg	65µg	43
Selenium	35µg	17µg	31
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 <sub>1</sub>	0.7mg	0.3mg	27
Vitamin B <sub>2</sub>	0.1mg	0.5mg	36
Niacin (NE)	14.6mg	5.4mg	34
Vitamin B <sub>6</sub>	1.0mg	0.5mg	36
Folic acid	157µg	67µg	34
Vitamin B <sub>12</sub>	0µg	0.8µg	32
Biotin	10µg	7.2µg	14
Pantothenic acid	0.5mg	0.9mg	15

<sup>a</sup> 35g of powder prepared with 250ml skimmed milk

<sup>b</sup> Percentage of the guideline daily amount for the intake of vitamins and minerals (adult)

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