

TYPICAL NUTRITIONAL INFORMATION

NUTRIENT		Per 100 g	Per serving (30 g + 220 ml water)	% NRV* per serving
Energy		kJ	1565.3	469.6
Protein		g	49.9	15.0
Glycemic Carbohydrate		g	18.1	5.4
Of which total sugars		g	10.2	3.1
Total fat		g	12.0	3.6
as saturated fat		g	2.0	0.6
as trans fatty acids		g	0.0	0.0
as Polyunsaturated fatty acids		g	7.2	2.1
Omega-3 fatty acids (ALA)		mg	980.5	294.2
Omega-6 Fatty Acids		g	6.0	1.8
as monounsaturated fatty acids		g	2.5	0.8
Cholesterol		g	0.0	0.0
Dietary Fibre**		g	4.6	1.4
Total sodium		g	91.5	27.4

VITAMINS

Vitamin		µg RE	1827.1	548.1	61
Vitamin A		µg RE	1827.1	548.1	61
Vitamin B1		mg	3.5	1.1	88
Vitamin B2		mg	3.1	0.9	71
Niacin		mg	33.0	9.9	62
Vitamin B6		mg	3.7	1.1	65
Folic acid		µg	810.1	243.0	61
Vitamin B12		µg	5.0	1.5	63
Biotin		µg	60.0	18.0	60
Pantothenic acid		mg	10.3	3.1	62
Vitamin C		mg	200.0	60.0	60
Vitamin D3		µg	30.0	9.0	60
Vitamin E		mg α-TE	30.1	9.0	60

MINERALS

Mineral		mg	644.7	193.4	15
Calcium		mg	644.7	193.4	15
Chromium		µg	58.3	17.5	50
Copper		mg	2.3	0.7	78
Iodine		µg	200.0	60.0	40
Iron		mg	27.2	8.1	45
Magnesium		mg	146.6	44.0	10
Manganese		mg	4.1	1.2	54
Molybdenum		µg	60.0	18.0	40
Phosphorus		mg	549.1	164.7	13
Potassium		mg	957.3	287.2	-
Selenium		µg	115.1	34.7	63
Zinc		mg	20.1	6.0	55

INGREDIENTS: Protein blend (soy protein (non-GMO) (soy), Milk protein concentrate (cows' milk), Whey protein isolate (cows' milk)), L-glutamine, Flavour, Soy fibre (soy), Stabiliser, Calcium lactate, Salt, Vitamin and mineral premix (Ascorbic acid, DL-alpha-tocopheryl acetate, Ferric pyrophosphate, Niacinamide, Manganese gluconate, Zinc oxide, Retinol acetate, Cholecalciferol, D-Calcium-D-pantothenate, Copper sulphate, Pyridoxine hydrochloride, Thiamine mononitrate, Riboflavin, Folic acid, Potassium iodate, Chromium chloride, Sodium selenate, Sodium molybdate, Sodium selenate, Sodium molybdate, Biotin, Cyanocobalamin), Non-nutritive sweeteners (sucralose (E955), acesulfame K (E951)). **Allergens:** Soy and cows' milk.

AMINO ACIDS

Amino Acid		g	1.8	0.5	-
Alanine		g	1.8	0.5	-
Arginine		g	2.8	0.8	-
Aspartic Acid		g	3.6	1.1	-
Cysteine		g	0.7	0.2	-
Glutamic Acid		g	6.9	2.1	-
Glutamine		g	8.3	2.5	-
Glycine		g	1.4	0.4	-
Histidine		g	1.5	0.5	-
Isoleucine		g	2.5	0.8	-
Leucine		g	3.7	1.1	-
Lysine		g	3.7	1.1	-
Methionine		g	0.9	0.3	-
Phenylalanine		g	2.2	0.7	-
Proline		g	3.1	0.9	-
Serine		g	2.3	0.7	-
Threonine		g	2.0	0.6	-
Tryptophan		g	0.8	0.2	-
Tyrosine		g	1.6	0.5	-
Valine		g	2.3	0.7	-

OTHER

Soy Isoflavones	mg	202	61.2	-
-----------------	----	-----	------	---

Typical Nutritional information only applicable to product when mixed with water.

Source of Typical Nutritional information and Ingredient content claims values are Analytical and Calculated.

* Nutrient Reference Value for Individuals 4 years and older

** Dietary fibre - Method of analysis - AOAC - 991.43

DIRECTIONS FOR USE:

Adults and Children 12 years and older:

Serving size = 30 g (2 level scoops).

Recommended servings: Take 1-2 per day.

Add 30 g (2 level scoops) of powder to 200 ml

of milk or water and blend, shake or stir.

If product is not consumed directly after reconstitution, refrigerate and use within 24 hours.

Lifegain® is available in:

- Vanilla, Strawberry, Cappuccino and Chocolate flavours
- Lifegain® Junior 300 g for children from the age of 3 years

LIFEGAIN® SHAKE VANILLA

TYPICAL NUTRITIONAL INFORMATION

NUTRIENT	Per 100 g	Per serving (30 g + 220 ml water)	% NRV* per serving
Energy	kJ	1565.3	469.6
Protein	g	49.9	15.0
Glycemic Carbohydrate	g	18.1	5.4
Of which total sugars	g	10.2	3.1
Total fat	g	12.0	3.6
as saturated fat	g	2.0	0.6
as trans fatty acids	g	0.0	0.0
as Polyunsaturated fatty acids	g	7.2	2.1
Omega-3 fatty acids (ALA)	mg	980.5	294.2
Omega-6 Fatty Acids	g	6.0	1.8
as monounsaturated fatty acids	g	2.5	0.8
Cholesterol	g	0.0	0.0
Dietary Fibre**	g	4.6	1.4
Total sodium	g	91.5	27.4

VITAMINS

Vitamin	µg RE	1827.1	548.1	61
Vitamin A	µg RE	1827.1	548.1	61
Vitamin B1	mg	3.5	1.1	88
Vitamin B2	mg	3.1	0.9	71
Niacin	mg	33.0	9.9	62
Vitamin B6	mg	3.7	1.1	65
Folic acid	µg	810.1	243.0	61
Vitamin B12	µg	5.0	1.5	63
Biotin	µg	60.0	18.0	60
Pantothenic acid	mg	10.3	3.1	62
Vitamin C	mg	200.0	60.0	60
Vitamin D3	µg	30.0	9.0	60
Vitamin E	mg α-TE	30.1	9.0	60

MINERALS

Mineral	mg	644.7	193.4	15
Calcium	mg	644.7	193.4	15
Chromium	µg	58.3	17.5	50
Copper	mg	2.3	0.7	78
Iodine	µg	200.0	60.0	40
Iron	mg	27.2	8.1	45
Magnesium	mg	146.6	44.0	10
Manganese	mg	4.1	1.2	54
Molybdenum	µg	60.0	18.0	40
Phosphorus	mg	549.1	164.7	13
Potassium	mg	957.3	287.2	-
Selenium	µg	115.1	34.7	63
Zinc	mg	20.1	6.0	55

AMINO ACIDS

Amino Acid	g	1.8	0.5	-
Alanine	g	1.8	0.5	-
Arginine	g	2.8	0.8	-
Aspartic Acid	g	3.6	1.1	-
Cysteine	g	0.7	0.2	-
Glutamic Acid	g	6.9	2.1	-
Glutamine	g	8.3	2.5	-
Glycine	g	1.4	0.4	-
Histidine	g	1.5	0.5	-
Isoleucine	g	2.5	0.8	-
Leucine	g	3.7	1.1	-
Lysine	g	3.7	1.1	-
Methionine	g	0.9	0.3	-
Phenylalanine	g	2.2	0.7	-
Proline	g	3.1	0.9	-
Serine	g	2.3	0.7	-
Threonine	g	2.0	0.6	-
Tryptophan	g	0.8	0.2	-
Tyrosine	g	1.6	0.5	-
Valine	g	2.3	0.7	-

OTHER

Soy Isoflavones	mg	202	61.2	-
-----------------	----	-----	------	---

Typical Nutritional information only applicable to product when mixed with water.

Source of Typical Nutritional information and Ingredient content claims values are Analytical and Calculated.

* Nutrient Reference Value for Individuals 4 years and older

** Dietary fibre - Method of analysis - AOAC - 991.43

INGREDIENTS: Protein blend (soy protein (non-GMO) (soy), Milk protein concentrate (cows' milk), Whey protein isolate (cows' milk)), L-glutamine, Flavour, Soy fibre (soy), Stabiliser, Calcium lactate, Salt, Vitamin and mineral premix (Ascorbic acid, DL-alpha-tocopheryl acetate, Ferric pyrophosphate, Niacinamide, Manganese gluconate, Zinc oxide, Retinol acetate, Cholecalciferol, D-Calcium-D-pantothenate, Copper sulphate, Pyridoxine hydrochloride, Thiamine mononitrate, Riboflavin, Folic acid, Potassium iodate, Chromium chloride, Sodium selenate, Sodium molybdate, Biotin, Cyanocobalamin), Non-nutritive sweeteners (sucralose (E955), acesulfame K (E951)). **Allergens:** Soy and cows' milk.

WARNINGS

Not suitable for people with soy and milk protein allergy.

Soy Source is Genetically Modified Organism Free.

DOSAGE AND DIRECTIONS FOR USE

Adults and Children 12 years and older:

Serving size = 30 g (2 level scoops).

Recommended servings:

Take 1-2 per day. Add 30 g (2 level scoops) of powder to 200 ml of milk or water and blend, shake or stir. If product is not consumed directly after reconstitution, refrigerate and use within 24 hours.

STORAGE INSTRUCTIONS

Keep this product in a cool (under 25 °C), Dry (below 65 % humidity) and ventilated place to extend shelf life. Store away from direct sunlight. After opening and resealing this product, it should be used within one month. Do not refrigerate.

LIFEGAIN® SHAKE STRAWBERRY

TYPICAL NUTRITIONAL INFORMATION

NUTRIENT	Per 100 g	Per serving (30 g + 220 ml water)	% NRV* per serving
Energy	kJ	1565.0	466.7
Protein	g	49.5	14.9
Glycemic Carbohydrate	g	13.5	4.1
Of which total sugars	g	10.3	3.1
Total fat	g	11.8	3.5
as saturated fat	g	1.9	0.6
as trans fatty acids	g	0.0	0.0
as Polyunsaturated fatty acids	g	7.0	2.1
Omega-3 fatty acids (ALA)	mg	961.5	288.4
Omega-6 Fatty Acids	g	5.9	1.8
as monounsaturated fatty acids	g	2.5	0.7
Cholesterol	g	0.0	0.0
Dietary Fibre**	g	4.6	1.4
Total sodium	g	89.9	27.0

VITAMINS

Vitamin	µg RE	1826.6	548.0	61
Vitamin A	µg RE	1826.6	548.0	61
Vitamin B1	mg	3.5	1.1	88
Vitamin B2	mg	3.1	0.9	71
Niacin	mg	32.9	9.9	62
Vitamin B6	mg	3.7	1.1	65
Folic acid	µg	809.9	243.0	61
Vitamin B12	µg	5.0	1.5	63
Biotin	µg	60.0	18.0	60
Pantothenic acid	mg	10.3	3.1	62
Vitamin C	mg	200.0	60.0	60
Vitamin D3	µg	30.0	9.0	60
Vitamin E	mg α-TE	30.1	9.0	60

MINERALS

Mineral	mg	643.2	193.0	15
Calcium	mg	643.2	193.0	15
Chromium	µg	58.3	17.5	50
Copper	mg	2.3	0.7	78
Iodine	µg	200.0	60.0	40
Iron	mg	27.1	8.1	45
Magnesium	mg	141.1	42.3	10
Manganese	mg	4.1	1.2	54
Molybdenum	µg	60.0	18.0	40
Phosphorus	mg	542.7	162.8	13
Potassium	mg	937.7	281.6	-
Selenium	µg	115.1	34.5	63
Zinc	mg	20.1	6.0	55

AMINO ACIDS

Amino Acid	g	1.8	0.5	-
Alanine	g	1.8	0.5	-
Arginine	g	2.8	0.8	-
Aspartic Acid	g	3.6	1.1	-
Cysteine	g	0.7	0.2	-
Glutamic Acid	g	6.9	2.1	-
Glutamine	g	8.3	2.5	-
Glycine	g	1.4	0.4	-
Histidine	g	1.5	0.5	-
Isoleucine	g	2.5	0.8	-
Leucine	g	3.7	1.1	-
Lysine	g	3.7	1.1	-
Methionine	g	0.9	0.3	-
Phenylalanine	g	2.2	0.7	-
Proline	g	3.1	0.9	-
Serine				