

Metabolism+

Contains: Soya

Adults only. Use in conjunction with a program of reduced intake of dietary calories and increased physical activity. Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription medication, or have a medical condition. If you are taking a prescription drug, ask your physician if you can consume with grapefruit.

Contains: 26 mg of caffeine per tablet, total caffeine 78 mg per daily dosage. A cup of instant coffee contains approximately 80 mg of caffeine. Caffeine intake of more than 200 mg per day is not recommended during pregnancy or breastfeeding.

EACH TABLET CONTAINS:	
CITRUS MAXIMA (GRAPEFRUIT) FRUIT EXTRACT	106 MG
EQUIVALENT TO DRY FRUIT	1.06 G
CAMELLIA SINENSIS (GREEN TEA) LEAF EXTRACT	90 MG
EQUIVALENT TO DRY LEAF	2.7 G
STANDARDISED TO CAFFEINE	0.9 MG
PLATYCODON GRANDIFLORUS ROOT EXTRACT	190.34 MG
EQUIVALENT TO DRY ROOT	1.9 G
HESPERIDIN	100 MG
CAFFEINE (FROM CAMELLIA SINENSIS)	25 MG

Directions: Adults take one (1) tablet three times daily, preferably with meals.

USANA PROBIOTIC

INGREDIENTS: Mannitol, Inulin, Lactobacillus rhamnosus LGG® and Bifidobacterium (BB-12®) strains, Silicon Dioxide.

STORE AT ROOM TEMPERATURE (25°C).

Dairy free, sugar free, and gluten free.

Directions for Use: Adults, add the contents of one stick pack to your favourite cold food or beverage and consume immediately. Take one stick pack every 1–2 days, or as needed to promote digestive health.

USANA PROBIOTIC NUTRITIONAL INFORMATION		
SERVING SIZE: 1 STICK PACK (1 G)		
	QUANTITY PER SERVING†	QUANTITY PER 100 g†
Energy	9 kJ (2 Cal)	917 kJ (219 Cal)
Protein	0 g	2 g
Fat, Total	0 g	0 g
— Saturated	0 g	0 g
— Trans	0 g	0 g
Cholesterol	0 g	0 g
Carbohydrate	0.935 g	93.5 g
— Sugars	0 g	0 g
Dietary Fibre, total	0.3 g	28 g
Sodium	0 mg	0 mg
† AVERAGE QUANTITIES		

DUTCH CHOCOLATE NUTRIMEAL NUTRITIONAL INFORMATION					
SERVING SIZE: 60 g (1 POUCH)					
	QUANTITY PER SERVING ^a	QUANTITY PER 100 g ^a		QUANTITY PER SERVING ^a	QUANTITY PER 100 g ^a
Energy kJ (Cal)	1070 kJ (256 Cal)	1780 kJ (426 Cal)	Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C	10.3 mg (26% RDI*)	17.2 mg
Fat, Total	7.4 g	12.3 g	Thiamin	0.3 mg (27% RDI*)	0.5 mg
- Saturated	1 g	1.7 g	Riboflavin	0.5 mg (29% RDI*)	0.83 mg
- Trans	0 g	0 g	Niacin	3.3 mg (33% RDI*)	5.6 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.5 g	9.2 g	Folate	68 µg (34% RDI*)	113 µg
Cholesterol	0 mg	0 mg	Vitamin B12	0.5 µg (25% RDI*)	0.83 µg
Carbohydrate	32 g	53.7 g	Calcium	338 mg (42% RDI*)	563 mg
- Sugars	17.2 g	28.7 g	Phosphorus	302 mg (30% RDI*)	503 mg
Dietary Fibre, Total	8.2 g	13.6 g	Iron	4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	2.8 g	4.7 g	Magnesium	107 mg (33% RDI*)	178 mg
- Insoluble Fibre	5 g	8.3 g	Zinc	3.7 mg (31% RDI*)	6.2 mg
Sodium	418 mg	696 mg	Iodine	41 µg (27% RDI*)	68 µg
Potassium	598 mg	996 mg	Glycemic Index	25 [Low]	25 [Low]
Vitamin A	192 µg (26% RDI*)	320 µg			
Vitamin D	2.5 µg (25% RDI*)	4.2 µg			
* RECOMMENDED DIETARY INTAKE (AUST/NZ)					
† AVERAGE QUANTITIES					

FRENCH VANILLA NUTRIMEAL NUTRITIONAL INFORMATION					
SERVING SIZE: 60 g (1 POUCH)					
	QUANTITY PER SERVING ^a	QUANTITY PER 100 g ^a		QUANTITY PER SERVING ^a	QUANTITY PER 100 g ^a
Energy kJ (Cal)	1082 kJ (259 Cal)	1804 kJ (432 Cal)	Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C	10.1 mg (25% RDI*)	16.8 mg
Fat, Total	7.4 g	12.3 g	Thiamin	0.3 mg (27% RDI*)	0.5 mg
- Saturated	0.8 g	1.3 g	Riboflavin	0.5 mg (29% RDI*)	0.8 mg
- Trans	0 g	0 g	Niacin	2.6 mg (26% RDI*)	4.3 mg
- Polyunsaturated	0.8 g	1.3 g	Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.6 g	9.3 g	Folate	81 µg (41% RDI*)	135 µg
Cholesterol	0 mg	0 mg	Vitamin B12	0.5 µg (25% RDI*)	0.8 µg
Carbohydrate	33 g	55 g	Calcium	312 mg (39% RDI*)	520 mg
- Sugars	18 g	30 g	Phosphorus	323 mg (32% RDI*)	538 mg
Dietary Fibre, Total	8.3 g	13.8 g	Iron	4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	2.8 g	4.7 g	Magnesium	92 mg (29% RDI*)	153 mg
- Insoluble Fibre	5.2 g	8.7 g	Zinc	3.4 mg (28% RDI*)	5.7 mg
Sodium	316 mg	527 mg	Iodine	40 µg (26% RDI*)	67 µg
Potassium	461 mg	768 mg	Glycemic Index	25 [Low]	25 [Low]
Vitamin A	193 µg (26% RDI*)	322 µg			
Vitamin D	2.5 µg (25% RDI*)	4.2 µg			
* RECOMMENDED DIETARY INTAKE (AUST/NZ)					
† AVERAGE QUANTITIES					

WILD STRAWBERRY NUTRIMEAL NUTRITIONAL INFORMATION					
SERVING SIZE: 60 g (1 POUCH)					
	QUANTITY PER SERVING ^a	QUANTITY PER 100 g ^a		QUANTITY PER SERVING ^a	QUANTITY PER 100 g ^a
Energy kJ (Cal)	1068 kJ (256 Cal)	1781 kJ (427 Cal)	Vitamin E	3.5 mg (35% RDI*)	5.8 mg
Protein	15 g	25 g	Vitamin C	13.8 mg (35% RDI*)	23 mg
Fat, Total	7.3 g	12.2 g	Thiamin	0.3 mg (27% RDI*)	0.5 mg
- Saturated	0.8 g	1.3 g	Riboflavin	0.5 mg (29% RDI*)	0.83 mg
- Trans	0 g	0 g	Niacin	2.6 mg (26% RDI*)	4.3 mg
- Polyunsaturated	0.7 g	1.2 g	Vitamin B6	0.4 mg (25% RDI*)	0.67 mg
- Monounsaturated	5.7 g	9.5 g	Folate	69 µg (35% RDI*)	115 µg
Cholesterol	0 mg	0 mg	Vitamin B12	0.5 µg (25% RDI*)	0.83 µg
Carbohydrate	33 g	55 g	Calcium	352 mg (44% RDI*)	587 mg
- Sugars	18 g	30 g	Phosphorus	283 mg (28% RDI*)	472 mg
Dietary Fibre, Total	8 g	13.3 g	Iron	4.8 mg (40% RDI*)	8 mg
- Soluble Fibre	4 g	6.7 g	Magnesium	88 mg (28% RDI*)	147 mg
- Insoluble Fibre	4 g	6.7 g	Zinc	3.5 mg (29% RDI*)	5.8 mg
Sodium	427 mg	712 mg	Iodine	41 µg (27% RDI*)	68 µg
Potassium	495 mg	825 mg	Glycemic Index	25 [Low]	25 [Low]
Vitamin A	192 µg (26% RDI*)	320 µg			
Vitamin D	2.5 µg (25% RDI*)	4.2 µg			
* RECOMMENDED DIETARY INTAKE (AUST/NZ)					
† AVERAGE QUANTITIES					

DUTCH CHOCOLATE NUTRIMEAL

INGREDIENTS: Protein Blend [Soy Protein Isolate, Whey Protein Isolate, Pea Protein], Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Cocoa (Processed with Alkali), Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Oligofructose, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Milk Protein (Sodium Caseinate), Sea Salt, Inulin, Emulsifier (Soy Lecithin), Anti Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Cholecalciferol (Vitamin D)], Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1), Cyanocobalamin (Vitamin B12).

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

FRENCH VANILLA NUTRIMEAL

INGREDIENTS: Soy Protein Isolate, Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Soy Fibre, Cane Fibre, Natural Flavours, Gums [Gum Arabic, Xanthan Gum, Cellulose Gum (Sodium Carboxymethylcellulose)], Oligofructose, Prune Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Milk Protein (Sodium Caseinate), Inulin, Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Sea Salt, Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Vitamin A Palmitate, Thiamin Hydrochloride (Vitamin B1), Folic Acid, Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.

WILD STRAWBERRY NUTRIMEAL

INGREDIENTS: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Pea Protein), Crystalline Fructose, High Oleic Sunflower Oil, Maltodextrin, Gums [Gum Arabic, Cellulose Gum (Sodium Carboxymethylcellulose), Xanthan Gum], Soy Fibre, Cane Fibre, Strawberry Powder, Minerals (Potassium Phosphate, Dibasic, Calcium Carbonate, Magnesium Oxide, Ferrous Fumarate, Zinc Gluconate, Potassium Iodide), Prune Powder, Natural Flavours, Inulin, Oligofructose, Colour (Beet Red), Milk Protein (Sodium Caseinate), Sea Salt, Flavour Enhancer (Citric Acid), Emulsifier (Soy Lecithin), Anti-Caking Agent (Silicon Dioxide), Antioxidant (Tocopherols Concentrate, Mixed), Flavour Enhancer (Malic Acid), Vitamins [Ascorbic Acid (Vitamin C), D-Alpha Tocopheryl Acetate (Vitamin E), Nicotinamide (Niacin), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamine Hydrochloride (Vitamin B1), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12)].

Contains: soybean, milk. Produced on equipment that also processes peanuts, tree nuts, eggs, sesame, shellfish, and wheat.