

ULTRA + SHAKE – VANILLA (1,250cc JAR SIZE)

PRODUCT DESCRIPTION:

Versatile shake for weight control, sports and a healthy snack

MIXING INSTRUCTIONS:

For a medium-size serving: add 250 – 300ml of chilled water (depending on taste) to UltraLife Mixer Cup, add 2 level scoops (43cc) of powder, replace plastic grille and lid, hold firmly at both ends, turn upside down, and shake vigorously into the lid for 5 - 10 seconds or until smooth. Do not add powder first.

For a large-size serving: add 400 – 450 ml of chilled water (depending on taste) to UltraLife Mixer Cup, add 3 level scoops (43cc) of powder, replace plastic grille and lid, hold firmly at both ends, turn upside down, and shake vigorously into the lid for 5 - 10 seconds or until smooth. Do not add powder first.

DIRECTIONS:

WEIGHT CONTROL: This product is intended for use in conjunction with an energy-restricted, balanced and varied diet in which high glycaemic carbohydrates are avoided.

SPORTS: For the support of lean muscle mass, endurance, strength, stamina, energy and overall sports performance, drink an Ultra Shake immediately after intense exercise. In addition, an Ultra Shake may be consumed alongside your meals as part of your regular diet.

A HEALTHY SNACK: Enjoy an Ultra Shake as a delicious, healthy snack.

WARNING: 1) Please follow the directions and mixing instructions. 2) It is recommended that an adequate daily consumption of water be maintained while taking this product (approx. 2 litres of water per day). 3) This product is not intended for use as your sole source of nutrition; it is intended for use only as part of an energy-restricted, balanced and varied diet 4) Keep out of reach of children.

NUTRITION FACTS

Medium-Size Serving = 41.8g (2 level 43cc scoops)

Medium-Size Servings Per Container: 12

Large-Size Serving = 62.7g (3 level 43cc scoops)

Large-Size Servings Per Container: 8

		Per Medium-Size Serving	% RDA*	Per Large-Size Serving	% RDA*	Per 100g	% RDA*
ENERGY	(kJ)	690.23		1035.35		1652.43	
	(kcal)	164.38		246.57		393.53	
Protein (g)		13.33		20.00		31.92	
Total Carbohydrate (g)		18.05		27.08		43.22	
Available Carbohydrate (g)		13.35		20.02		31.95	
of which sugars (g)		4.35		6.53		10.42	
Fat (g)		4.47		6.70		10.69	
of which saturates (g)		1.04		1.56		2.49	
omega-3 fatty acids (g)		0.47		0.70		1.12	
omega-6 fatty acids (g)		3.93		5.90		9.41	
omega-9 fatty acids (g)		0.60		0.90		1.44	
Fibre (g)		4.68		7.02		11.20	
Sodium (g)		0.22		0.33		0.53	

PROTEIN SOURCE

Soya Protein Isolate	14.8 g	22.2 g	35.4
----------------------	--------	--------	------

PHOSPHOLIPIDS

Lecithin	6.7 g	10.0 g	13.83 g
----------	-------	--------	---------

ESSENTIAL AND BENEFICIAL FATTY ACIDS (FROM LECITHIN)**OMEGA-3:**

Alpha-Linolenic Acid (ALA)	467 mg	700 mg	1,116 mg
----------------------------	--------	--------	----------

OMEGA-6:

Linoleic Acid	3933 mg	5,900 mg	9,410 mg
---------------	---------	----------	----------

OMEGA-9:

Oleic Acid	600 mg	900 mg	1,435 mg
------------	--------	--------	----------

BRAIN NUTRIENTS & CO-FACTORS (FROM LECITHIN)

Phosphatidylcholine	1,600 mg	2,400 mg	3,320 mg
---------------------	----------	----------	----------

Phosphatidylserine	67 mg	100 mg	138 mg
--------------------	-------	--------	--------

Choline	267 mg	400 mg	553 mg
---------	--------	--------	--------

Inositol	133 mg	200 mg	277 mg
----------	--------	--------	--------

PREBIOTIC FIBRE

Inulin	3.3 g	5.0 g	8.0 g
--------	-------	-------	-------

VITAMINS

Vitamin A	140 mcg	17%	210 mcg	26%	335 mcg	41%
-----------	---------	-----	---------	-----	---------	-----

Vitamin C	8 mg	15%	13.5 mg	23%	21.5 mg	37%
-----------	------	-----	---------	-----	---------	-----

Vitamin D	1.0 mg	20%	1.5 mg	30%	2.4 mg	48%
-----------	--------	-----	--------	-----	--------	-----

Vitamin E	4.5 mg	45%	6.7 mg	67%	10.7 mg	107%
-----------	--------	-----	--------	-----	---------	------

Thiamin (vitamin B1)	0.2 mg	16%	0.3 mg	24%	0.5 mg	38%
----------------------	--------	-----	--------	-----	--------	-----

Riboflavin (vitamin B2)	0.3 mg	20%	0.5 mg	30%	0.8 mg	48%
-------------------------	--------	-----	--------	-----	--------	-----

Niacin (vitamin B3)	3.6 mg	20%	5.4 mg	30%	8.6 mg	48%
---------------------	--------	-----	--------	-----	--------	-----

Vitamin B6	0.3 mg	15%	0.5 mg	23%	0.8 mg	37%
------------	--------	-----	--------	-----	--------	-----

Folic Acid	40 mcg	20%	60 mcg	30%	96 mcg	48%
------------	--------	-----	--------	-----	--------	-----

Vitamin B12	0.3 mcg	28%	0.4 mcg	42%	0.6 mcg	67%
-------------	---------	-----	---------	-----	---------	-----

Biotin	3.0 mcg	2%	4.5 mcg	3%	7.2 mcg	5%
--------	---------	----	---------	----	---------	----

Pantothenic Acid	0.6 mg	10%	0.9 mg	15%	1.4 mg	24%
------------------	--------	-----	--------	-----	--------	-----

MINERALS

Calcium	154.5 mg	19%	231.8 mg	29%	370.0 mg	46%
---------	----------	-----	----------	-----	----------	-----

Magnesium	30 mg	10%	45 mg	15%	72 mg	24%
-----------	-------	-----	-------	-----	-------	-----

Iodine	26 mcg	17%	39 mcg	26%	62 mcg	41%
--------	--------	-----	--------	-----	--------	-----

Iron	3.2 mg	23%	4.8 mg	34%	7.7 mg	54%
------	--------	-----	--------	-----	--------	-----

Zinc	1.9 mg	13%	2.9 mg	19%	4.6 mg	30%
------	--------	-----	--------	-----	--------	-----

Selenium	11.0 mcg	**	16.5 mcg	**	26.3 mcg	**
----------	----------	----	----------	----	----------	----

Copper	0.2 mg	**	0.3 mg	**	0.5 mg	**
--------	--------	----	--------	----	--------	----

Manganese	0.2 mg	**	0.3 mg	**	0.5 mg	**
-----------	--------	----	--------	----	--------	----

Potassium	339 mg	**	509 mg	**	812 mg	**
-----------	--------	----	--------	----	--------	----

Sodium	277 mg	**	416 mg	**	664 mg	**
--------	--------	----	--------	----	--------	----

Phosphorus	319 mg	40%	478 mg	60%	763 mg	96%
------------	--------	-----	--------	-----	--------	-----

* %RDA = Recommended Daily Allowance ** %RDA not established

INGREDIENTS:

Soya Protein Isolate, Lecithin, Maltodextrin, Natural Flavourings, Inulin, Fructose, Stabilisers (Carrageenan, Xanthan Gum), Vanilla Extract Powder, Magnesium Citrate, Salt, Sodium Cyclamate, Sucralose, Calcium Ascorbate, Acesulfame Potassium, Zinc Monomethionine, Niacin, Iron Bisglycinate, L-Selenomethionine, Copper Citrate, Retinyl Acetate, Manganese Amino Acid Chelate, Calcium D-Pantothenate, Potassium Iodide, Cholecalciferol, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Folic Acid, Methylcobalamin and D-Biotin.

CHECK LIST

- High protein
- High fibre
- Low Glycaemic Index (GI)
- Omega-3, 6 and 9 fatty acids
- Important brain nutrients
- Prebiotic
- No artificial colourings
- No artificial flavourings
- No artificial flavour enhancers
- No Aspartame or Saccharin
- No added preservatives
- Sucrose free
- Lactose free
- Dairy free
- Egg free
- Wheat free
- Gluten free
- Vegetarian & Vegan compliant
- Suitable for diabetics
- Suitable for children

DID YOU KNOW?

- A single Ultra Shake contains approximately the equivalent amount of protein to that in a portion of rump steak
- Ultra Shake is a low Glycaemic Index product; high Glycaemic Index carbohydrates (e.g. white bread, sugar) rapidly elevate blood glucose levels. They can also trigger the release of insulin, which increases the storage of body fat
- High levels of sucrose (table sugar) consumption has been linked to over 30 health conditions
- The mean daily intake of sugars for the UK population has been found (in 2000) to be 66g for 4 to 6 year olds and averages 105g for adults
- Ultra Shake contains lecithin, which is a healthy phospholipid that helps to break down both body fat and 'bad' cholesterol, as well as providing Essential Fatty Acids, and important 'brain nutrients'
- Ultra Shake contains inulin, which is a prebiotic fibre that improves the digestive system