

	OPTIFAST VLCD SHAKE Chocolate 53g	FEELGOOD SHAKE Chocolate Heaven 57g	KICSTART SHAKE Chocolate Deluxe 55g	FORMULITE SHAKE Choc Hazelnut 55g
	Average Quantity per Serving	Average Quantity per Serving	Average Quantity per Serving	Average Quantity per Serving
Energy	840 kJ 201 Cal	851 kj 204 cal	885 kj 211 cal	864 kj 209 cal
Protein	20 g	25	20.6	34.7
Fat-total	4.5 g	4.3	4.8	3.5
- Saturated	0.9 g	3.7	2.6	2.5
- Linoleic Acid	1.2 mg			
- α-Linoleic Acid	196 mg			
Carbohydrate	18.2 g	12.7	19.2	9.7
- Sugars	9.5 g	6	15.7	3.7
- Lactose	9.0 g	1.3		
Dietary Fibre	3.6 g	6.1	4.2	3.5
Sodium	215 mg	44	176	165
Vitamin A	345 µgRE	190	300	227
Thiamin	0.58 mg	0.1	0.55	0.3
Riboflavin	0.74 mg	0.4	0.85	0.5
Niacin	8.7 mgNE	2.8	5	3.3
Pantothenic Acid	2.7 mg		0.8	0.8
Vitamin B6	1.0 mg	0.4	0.8	0.4
Biotin	10.6 µg		5	5
Folic Acid	110 µg	80	100	113
Vitamin B12	1.1 µg	0.5	1	0.7

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Vitamin C	40 mg	10	20	20
Vitamin D	3.7 µg	2.5	5	2.6
Vitamin E	7.4 mgTE	2.6	5	3.8
Vitamin K	31.8 µg		40	15
Calcium	400 mg	1000	400	305
Chromium	19 µg		34	24
Copper	1.2 mg		0.5	0.4
Fluoride	340 µg			
Iodine	98 µg	38	75	61
Iron	8.2 mg	6.2	4.8	4.7
Magnesium	160 mg	99	160	101
Manganese	0.9 mg		0.85	0.6
Molybdenum	18.6 µg		42.5	27.4
Phosphorus	360 mg	280	400	296
Selenium	40 µg		17.5	17.5
Zinc	4.3 mg	3.3	4.8	4.8
Potassium Choride	955 mg 280 mg		568	736
Gluten	Nil detected			Nil detected
Bacillus coagulans MTCC 5856				1.65 b