

The Matol Diet

Healthy weight loss of 3 lbs per week

The Matol Diet has its roots in a protein blend that was developed by Dr. G. Blackburn from Harvard Medical School in 1973. This protein blend was later significantly improved with the objective to maintain athletes' muscle mass. This superior biological value protein blend was incorporated into a unique, pH-regulating and energizing botanical, vitamin and mineral weight loss regimen. The Matol Diet is safe and healthy. With this program, it is safe to lose an average of 3 lbs per week.



What is this diet all about?

- ▶ Putting fat storage on hold & driving down insulin
- ▶ Providing appropriate levels of high-quality protein
- ▶ Promoting a more alkaline internal body chemistry

Tell me more

How do we put fat storage on hold?: Most weight problems have one thing in common: an overproduction of insulin. Insulin is a hormone that not only regulates blood sugar levels, it also makes you gain weight. How? It transforms the fat and sugars (carbohydrates) we eat into fat cells when there is an excess of insulin in the blood. This occurs over time as a result of a diet grossly disproportionate in its share of saturated fats and carbohydrates, much like the North American diet. The Matol Diet can help restore the body's ability to metabolize sugars properly, quickly and safely.

Describe the protein: Studies demonstrate that 1 gram of protein for every kg of body weight is a healthy protein load for sustaining lean muscle mass and fueling repair throughout the body. By providing these adequate levels of protein, and in a highly-available isolate form, we are supporting the maintenance and repair of lean muscle mass and systems throughout the body.

Tell us about the supplements: These alkalizing (base-promoting/acid-reducing) minerals help balance the body's pH, which is thought to promote the healthy function of the immune system and repair mechanisms throughout the body. Because many of us do not consume these levels of minerals on a regular basis, this diet program may help rebalance body acids and bases to levels that are even more appropriate than before you started the diet.



How the matol diet works for you

Weight Loss: The body has three sources of energy: carbohydrates, protein and fat. It burns carbohydrates as its first source of energy. Once the body has depleted its carbohydrate reserves, it will simultaneously use its protein and fat reserves for energy. Matol protein foods and the daily supplement regimen help maintain muscle mass and energy while encouraging the body to draw from its fat reserves for energy.

Skin Revitalization: The Matol Diet revitalizes and tones the skin while restoring its elasticity.

Superior Protein Supplement: Because the body is primarily composed of protein, such as our vital organs, muscle tissue, skin, nails and hair, Matol protein foods are an excellent supplement for maintaining good health and a strong immune system.

The Matol Diet: quick, safe, healthy and delicious!

The Matol Diet features delicious protein foods, select natural foods and a complete nutritional supplementation program. This regimen is spearheaded by Matol Km[®], an energizing and pH-balancing mineral supplement. Keeping the body's pH level in check while metabolizing fat is critical to healthy weight loss. What's more, Matol Km[®] provides essential minerals and phyto-elements, many of which are known for their anti-inflammatory and antioxidant properties.

The other three nutritional supplements, Calcium & Magnesium, Optimum Omega-3 and MegaVitamins, ensure that you receive optimal nutrition throughout the diet providing you with all of the essential vitamins, minerals and trace minerals normally added to the foods that are temporarily restricted on the Matol Diet.

Quick, safe and healthy with lasting results, the Matol Diet features a large variety of delicious high biological value protein foods that have a very high absorption rate of 95%. Matol protein foods average 19 grams of protein per serving and contain all ten essential amino acids derived from isolates of whey, soy and/or albumin from eggs.

Matol Diet protein foods

- ▶ Low in fat, calories and carbohydrates.
- ▶ Formulated with just the right amount of protein to sustain your muscle mass.
- ▶ Available in a wide variety of delicious food choices.
- ▶ Individually wrapped for freshness and a long shelf-life.
- ▶ Convenient and easy to prepare.
- ▶ Ideal for healthy snacks and meals on the run.

Important health considerations while using this system

Adequate protein is key: We suggest you consume about 1 gram of protein per every 2.2 pounds (1 kg) of your body weight. This level of protein ensures that you are maintaining current muscle stores and providing adequate building blocks for repair.

Supplementation is essential: In order to follow the complete weight loss program, you must alkalinize and protect your body with minerals (calcium, magnesium, potassium, pink sea salt for sodium plus other trace minerals).

Cheating is okay. Just do it correctly so as to only SLOW, not sabotage, your progress: If you must cheat, cheat with protein. A pack of protein foods, or a can of salmon or tuna is a great cheat item.

Carbohydrates are the worst. You may feel sluggish, sick, or lightheaded if you cheat with carbs. Before it goes this far, use a protein food item that contains carbs (Vegetable Chili, Maple Oatmeal, Chocolate Cake/Pancake, Flatbread, or Chocolate & Raspberry Crunch Bar and Caramel Peanut Delight Bar), or a nonfat or soymilk latte.



Sara Smyzniuk - Lost 90 pounds
Independent Associate



Ginette Quesnel - Lost 75 pounds
Independent Associate



Robin Skanes - Lost 37 pounds
Independent Associate



Sherry Medina - Lost 99 pounds
Independent Associate



Kevin Linden - Lost 51 pounds
Independent Associate



John Riga - Lost over 200 pounds
Independent Associate

Results not typical. Individual results may vary.

The Matol Diet

The Modern Treatment For Healthy Weight Loss - Lose 3 Pounds Per Week

The 4 Stages of the Matol Diet Plan

STAGE 1

Follow Stage 1 until you've reached 80% of your weight loss goal.

Breakfast: 1 Matol protein food with tea or coffee with 30 ml/1 oz of milk. (artificial sweetener permitted)

Lunch: 1 Matol protein food with vegetables and unlimited salad.*

Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper.

*Refer to select vegetable and recommended protein lists.

If, during the first 3 days of the Matol Diet, you cannot contain your hunger, you can safely eat an additional 1 or 2 low carb Matol Diet protein foods.

STAGE 3

14-day gradual reintroduction of healthy carbohydrates and healthy fats.

Breakfast: 1 portion of protein* PLUS 1 portion from each of the food groups - healthy carbohydrates, fruits and healthy fats.†

Lunch: 1 portion of protein* with vegetables and unlimited salad.*

Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper.

*Refer to select vegetable and recommended protein lists.

†Refer to the 3 food groups list.

STAGE 2

Follow Stage 2 until you have lost the remaining 20% of your weight loss goal.

Breakfast: 1 Matol protein food with tea or coffee with 30 ml/1 oz of milk. (artificial sweetener permitted)

Lunch & Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper

*Refer to select vegetable and recommended protein lists.

STAGE 4

Conscious eating for the rest of your life!

Breakfast: 1 portion of protein* PLUS 1 portion from each of the food groups - healthy carbohydrates, fruits and healthy fats.†

Lunch: 1 portion of protein* with fiber-rich vegetables and unlimited salad* PLUS 1 portion from the healthy fats food group.†

Supper: 1 portion of protein* with fiber-rich vegetables and unlimited salad* PLUS 1 portion from each of these food groups - healthy carbohydrates and fruits.†

Snack: 1 Matol protein food of your choice, after supper.

In case of cravings, increase your consumption of Matol protein foods or animal/plant-based protein.

*Refer to select vegetable and recommended protein lists.

†Refer to the 3 food groups list.

IMPORTANT NOTES

- Season your food with sea salt as the Matol Diet is low in sodium.
- Drink at least 8 glasses (250 ml/8 oz each) of water per day.
- Because of their higher carbohydrate content, limit the Matol Diet cakes, pancakes, oatmeal and chili to 1 per day and the Matol Protein Bar to 1-2 per week.

DAILY REGIMEN OF NUTRITIONAL SUPPLEMENTS

Matol Km®: 2 tablespoons (30 ml), twice a day, at any hour, morning and night.

Optimum Omega-3: 3 capsules daily, at any time.

MegaVitamins: 4 caplets daily, with water.

Calcium & Magnesium: 1 tablespoon (15 ml) twice a day, with meals.

Note: If on medication, take vitamins and minerals 2 hours prior or 4 hours after with a little food.

Notice: The Matol Diet is not recommended for people with a dysfunctional liver or dysfunctional kidneys and women who are pregnant or breast-feeding. However, they can use the products as supplements. For weight reduction, use only as directed in the Matol Diet Plan. People with gastrointestinal conditions (colitis, Crohn's disease, diverticulitis, IBS, etc.) should not start the diet while symptomatic. People with chronic diseases should consult their health care provider before starting the diet.

MODIFIED MATOL DIET PROTOCOL FOR TYPE 1 DIABETICS

Stage 1 and 2: In addition to following Stage 1 and 2, add 1 food item from each of the 3 food groups (healthy carbohydrates, healthy fats and fruits) once per day at any time to your daily menu.

Stage 3: In addition to following Stage 3, add 1 food item from each of 2 food groups (healthy carbohydrates and healthy fats) once per day at any time to your daily menu.

Stage 4: The same as Stage 4 of the Matol Diet.

The Recommended Protein List

1 portion = approximately 20 grams of protein (1 Matol protein food or other protein sources)

Animal source: 200g/7 oz of poultry, fish and seafood or 150g/5 oz of lean meats.

Lean cuts of beef, veal, pork and lamb and wild game: filet, flank, lean ground, sirloin, tenderloin, roast, round, rump
Giblets (poultry) and offal (beef, pork, etc.): heart, liver, sweetbreads, kidneys, etc.

Poultry: 2 eggs, skinless chicken, turkey, quails, wild birds

Fish: bass, brill, cod, devil fish, gudgeon (blob), haddock, hake, halibut, perch, pike, ray, salmon, shark, smelt, red snapper, sole, swordfish, trout, tuna, turbot, whiting

Seafood: clams, crab, lobster, mussels, oysters, scallops, scampi, shrimp, squid, etc.

Stage 4 Variations

Plant source: 1 1/2 cups of beans, 2 cups of tofu, etc.

Beans: Red kidney, lima, lentils, broad, chick peas, etc.

Select Vegetables List

Unlimited: alfalfa sprouts, bok/pak choy, celery, cucumber, daikon, fennel, salad (all varieties), radish, seaweed, soy bean sprouts, spinach.

One portion per meal (up to 2 cups): asparagus, beet greens, broccoli, cabbage (collard greens, nappa, red, savoy), cauliflower, celeriac, fiddle heads, garlic, leeks, mushrooms, raw onions and shallots, Swiss chard, green peppers, turnip, zucchini.

Once or twice a week: 1/2 avocado, brussels sprouts, eggplant, 2-3 hearts of palm, orange and red peppers, sauerkraut, snow peas, string beans (yellow and green), tomatoes and squash (summer).

Seasonings

There are endless possibilities to vary the taste of your foods. Sea salt, pepper, garlic, fresh or dried ginger, zest of lemon or lime, your favorite spices, fresh or dried herbs, chili peppers, curry, curcuma, hot mustard or hot mustard powder, wasabi powder, even soy or tamarind sauce, sparingly. You can vary the taste of your Matol Diet puddings with cinnamon, nutmeg, a drop of rose water, fresh ginger, unsweetened coco powder, and again, the list goes on and on. Be cautious of commercial condiments with hidden sugar content.

The 3 Food Groups

Group 1: Healthy Carbohydrates: 2 slices of whole grain bread, 2 oz of whole grain sugar-free cereal, 5 oz of whole grain pasta, brown rice, cooked legumes (chickpeas, pinto, lentils, etc.) and corn, 1 medium potato. Stage 4 only: 2 pancakes, 1 medium muffin made from whole grain flour, etc.

Group 2: Fruits: 1 apple, banana, fresh fig, orange, nectarine, tangerine, peach, mango or passion fruit, 2 apricots or plums, 7 oz of fresh berries, papaya, melon or pineapple, 1-2 kiwis, 10 cherries or grapes, 1/2 a grapefruit.

Group 3: Healthy Fats: 1 sugar-free yogurt, 6 oz low fat milk, 2 oz low fat cheese (20% or less - exception: 4 oz cottage cheese), 1 avocado. Stage 4 only: a small handful of assorted nuts and seeds.

Nutrition Facts

Preparation for Butterscotch Pudding Préparation pour Pudding au caramel

Nutrition Facts Valeur nutritive	
Per 1 packet (26 g) / pour 1 sachet (26 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 15 mg	5%
Sodium / Sodium 240 mg	10%
Carbohydrate / Glucides 4 g	1%
Fibre / Fibres 0 g	0%
Sugars / Sucres 2 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	4%
Calcium / Calcium	40%
Iron / Fer	0%

List of ingredients

Milk protein concentrate, soy protein isolate, guar gum, natural butterscotch flavour, beta-carotene colour, caramel colour, sea salt, sucralose (30 mg per packet of 26 g), acesulfame-potassium (10 mg per packet of 26 g).

Contains milk and soy.

Liste des ingrédients

Concentré de protéine de lait, isolat de protéine de soja, gomme de guar, saveur naturelle de caramel, bêta-carotène, caramel, sel de mer, sucralose (30 mg par sachet de 26 g), acésulfame-potassium (10 mg par sachet de 26 g).

Contient du lait et du soja.

Vanilla Flavoured Pudding Preparation Préparation pour pudding à saveur de vanille

Nutrition Facts Valeur nutritive	
Per 1 packet (25 g) / pour 1 sachet (25 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90 (370 kJ)	
Fat / Lipides 1.0 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium / Sodium 240 mg	10%
Carbohydrate / Glucides 2 g	1%
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	10%
Calcium / Calcium	50%
Iron / Fer	4%

List of ingredients

Milk protein concentrate, soy protein isolate, natural flavour, sea salt, xanthan gum, caramel, sucralose (40 mg/portion), silicon dioxide, beta-carotene, acesulfame potassium (15 mg/portion).

Liste d'ingrédients

Concentré de protéine de lait, isolat de protéine de soja, arôme naturel, sel de mer, gomme xanthane, caramel, sucralose (40 mg/portion), dioxyde de silicium, bêta-carotène, acésulfame-potassium (15 mg/portion).

Chocolate Flavoured Pudding Preparation Préparation pour pudding à saveur de chocolat

Nutrition Facts Valeur nutritive	
Per 1 packet (32 g) / pour 1 sachet (32 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110 (420 kJ)	
Fat / Lipides 1.0 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium / Sodium 160 mg	7%
Carbohydrate / Glucides 3 g	1%
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	50%
Calcium / Calcium	230%
Iron / Fer	25%

List of ingredients

Milk protein concentrate, cocoa, soy protein isolate, artificial flavour, sea salt, xanthan gum, caramel, sucralose (34 mg / portion), silicon dioxide.

Liste d'ingrédients

Concentré de protéine de lait, cacao, isolat de protéine de soja, arôme artificiel, sel de mer, gomme xanthane, caramel, sucralose (34 mg / portion) dioxyde de silicium.

Maple Brown Sugar Oatmeal Mix Mélange pour céréale chaude érable et sucre brun

DIRECTIONS:

Empty contents of one packet into a large microwavable bowl. Add 115 mL of cold water. Mix very well and cook in microwave on HIGH for 3 minutes. Stir, continue to cook another 30 seconds. Let stand before consuming.

Microwave time may vary due to differences in microwaves.

MODE D'EMPLOI:

Vider le contenu d'un sachet dans un bol allant au micro-ondes. Ajouter 115 mL d'eau froide. Bien mélanger et cuire au micro-ondes à HAUTE intensité pendant 3 minutes. Mélanger, continuer à cuire 30 secondes. Laisser reposer avant de consommer.

Le temps de cuisson peut varier selon le type de micro-ondes.

Nutrition Facts/ Valeur nutritive	
Serving Size: 1 packet 32 g Portion : 1 sachet 32 g Servings Per Container / Portion par contenant : 6	
Amount Per Serving Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories 120	
Total Fat / Lipides 2 g	3%
Saturated / Saturés 0.5 g	3%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 65 mg	3%
Potassium / Potassium 280 mg	8%
Carbohydrate / Glucides 10 g	3%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	30%
Iron / Fer	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total carbohydrate	300 g 375 g
Dietary fibre	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:	
	Calories 2,000 2,500
Total des lipides	Moins de 65 g 80 g
Saturés + trans	Moins de 20 g 25 g
Cholestérol	Moins de 300 mg 300 mg
Sodium	Moins de 2 400 mg 2 400 mg
Potassium	3 500 mg 3 500 mg
Total des glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme: Lipides 9 • Glucides 4 • Protéines 4	

Ingredients: Protein blend (milk protein isolate, sodium caseinate), oat flakes (contains wheat), natural and artificial flavours, sunflower oil, maltodextrin, potassium phosphate, salt, colour, mono-diglycerides, tocopherols, sucralose (contains 27 mg per serving), soy lecithin.

Manufactured in a facility that processes egg, sesame and tree nuts.

Ingrédients : Mélange protéique (isolat de protéine de lait, caséinate de sodium), flocons d'avoine (contient du blé), arômes naturels et artificiels, huile de tournesol, maltodextrine, phosphate de potassium, sel, colorant, mono-diglycérides, tocophérols, sucralose (contient 27 mg par portion), lécithine de soja.

Fabriqué dans un établissement où l'on utilise des oeufs, du sésame et des noix.

Nutrition Facts

Cappuccino
Drink
Boisson
Cappuccino

DIRECTIONS:
Pour contents of one packet into a cup. Add 230ml of boiling water while stirring. Stir until well dissolved.

MODE D'EMPLOI :
Vider le contenu d'un sachet dans une tasse. Ajouter 230ml d'eau bouillante tout en mélangeant. Mélanger jusqu'à dissolution complète.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 packet 24 g Portion : 1 sachet 24 g Servings Per Container / Portion par contenant : 7	
Amount Per Serving Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories	90
Total Fat / Lipides	1g 2%
Saturated / Saturés	1g 5%
+Trans / trans	0g
Cholesterol / Cholestérol	0mg
Sodium / Sodium	200mg 8%
Potassium / Potassium	80mg 2%
Carbohydrate / Glucides	4g 1%
Fibre / Fibres	0g 0%
Sugars / Sucres	1g
Protein / Protéines	15g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	10%
Iron / Fer	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:	
	Calories 2,000 2,500
Total des lipides	Moins de 65 g 80 g
Saturés + trans	Moins de 20 g 25 g
Cholestérol	Moins de 300 mg 300 mg
Sodium	Moins de 2 400 mg 2 400 mg
Potassium	3 500 mg 3 500 mg
Total des glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme: Lipides 9 • Glucides 4 • Protéine 4	

Ingredients: Protein blend (calcium caseinate (derived from milk), hydrolyzed gelatin, sodium caseinate, gelatin), creamer (glucose syrup, sodium caseinate, hydrogenated coconut oil, potassium phosphate), natural and artificial flavours (wheat), instant coffee powder, cocoa powder, xanthan gum, guar gum, sodium alginate, silicon dioxide, salt, sodium carboxymethylcellulose, acesulfame-potassium, sucralose, soy lecithin.

Contains 12 mg of sucralose and 33 mg of acesulfame-potassium per serving.

Manufactured in a facility that processes egg, sesame and tree nuts.

Made in Canada from domestic and imported ingredients.

Ingrédients : Mélange protéique (caséinate de calcium (dérivé du lait), gélatine hydrolysée, caséinate de sodium, gélatine), succédané de crème (sirop de glucose, caséinate de sodium, huile de noix de coco hydrogénée, phosphate de potassium), arômes naturels et artificiels (blé), café instantané en poudre, poudre de cacao, gomme de xanthane, gomme de guar, alginate de sodium, bioxyde de silicium, sel, carboxyméthylcellulose de sodium, acésulfame-potassium, sucralose, lécithine de soja.

Contient 12 mg de sucralose et 33 mg d'acésulfame-potassium par portion.

Fabriqué dans un établissement où l'on utilise des oeufs, du sésame et des noix.

Fabriqué au Canada à partir d'ingrédients canadiens et importés.

Yogurt & Fieldberry
Drink
Boisson yogourt et
fruits des champs

DIRECTIONS:
Empty contents of packet; add 150 ml of cold water. Mix until completely dissolved.

MODE D'EMPLOI :
Vider le contenu d'un sachet ; ajouter 150ml d'eau froide. Remuer jusqu'à dissolution complète.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 packet (21 g) Portion : 1 sachet (21 g) Servings Per Container / Portion par contenant : 7	
Amount Per Serving Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories	70
Total Fat / Lipides	0 g 0%
Saturated / Saturés	0 g 0%
+Trans / trans	0 g 0%
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	220 mg 9%
Potassium / Potassium	90 mg 3%
Carbohydrate / Glucides	3 g 1%
Fibre / Fibres	0 g 0%
Sugars / Sucres	0 g
Protein / Protéines	15 g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	2%
Iron / Fer	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:	
	Calories 2,000 2,500
Total des lipides	Moins de 65 g 80 g
Saturés + trans	Moins de 20 g 25 g
Cholestérol	Moins de 300 mg 300 mg
Sodium	Moins de 2 400 mg 2 400 mg
Potassium	3 500 mg 3 500 mg
Total des glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme: Lipides 9 • Glucides 4 • Protéines 4	

Ingredients: Modified milk ingredients, citric acid, natural flavours, wheat dextrin, carrageenan, cellulose gum, xanthan gum, soy lecithin, potassium citrate, raspberries, silicon dioxide, strawberries, blueberries, sucralose, color.

Contains 27 mg of sucralose per serving.

Manufactured in a facility that processes eggs, sesame and tree nuts.

Made in Canada from domestic and imported ingredients.

Ingrédients : Substances laitières modifiées, acide citrique, arômes naturels, dextrine de blé, carraghénine, gomme cellulosique, gomme xanthane, lécithine de soja, citrate de potassium, framboises, bioxyde de silicium, fraises, bleuets, sucralose, colorant.

Contient 27 mg de sucralose par portion.

Fabriqué dans un établissement où l'on utilise des oeufs, du sésame et des noix.

Fabriqué au Canada à partir d'ingrédients canadiens et importés.

Peach Mango
Drink Mix
Mélange pour
breuvage
pêche
mangue

DIRECTIONS:
Empty contents of one packet into a large glass, add 180 to 240 ml of cold water and stir until dissolved.

MODE D'EMPLOI :
Vider le contenu d'un sachet dans un grand verre, ajouter 180 à 240 ml d'eau froide et mélanger jusqu'à dissolution complète.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 packet (19.5 g) Portion : 1 sachet (19.5 g) Servings Per Container / Portion par contenant : 7	
Amount Per Serving Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories	70
Total Fat / Lipides	0.5 g 1%
Saturated / Saturés	0.3 g 1%
+Trans / trans	0 g
Cholesterol / Cholestérol	10 mg
Sodium / Sodium	10 mg 0%
Potassium / Potassium	70 mg 2%
Carbohydrate / Glucides	2 g 1%
Fibre / Fibres	0 g 0%
Sugars / Sucres	0 g
Protein / Protéines	15 g
Vitamin A / Vitamine A	15%
Vitamin C / Vitamine C	2%
Calcium / Calcium	2%
Iron / Fer	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
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Potassium	3,500 mg 3,500 mg
Total carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
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	Calories 2,000 2,500
Total des lipides	Moins de 65 g 80 g
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Cholestérol	Moins de 300 mg 300 mg
Sodium	Moins de 2 400 mg 2 400 mg
Potassium	3 500 mg 3 500 mg
Total des glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme: Lipides 9 • Glucides 4 • Protéines 4	

Ingredients: Hydrolyzed gelatin, modified milk ingredient, citric acid, malic acid, natural and artificial flavours, colour, potassium citrate, silicon dioxide, soy lecithin, sucralose (contains 38 mg per serving).

Manufactured in a facility that processes egg, wheat, sesame and tree nuts.

Made in Canada from domestic and imported ingredients.

Ingrédients : Gélatine hydrolysée, substance laitière modifiée, acide citrique, acide malique, arômes naturels et artificiels, colorants, citrate de potassium, bioxyde de silicium, lécithine de soja, sucralose (contient 38 mg par portion).

Fabriqué dans un établissement où l'on utilise des oeufs, du blé, du sésame, des noix.

Fabriqué au Canada à partir d'ingrédients canadiens et importés.

Hot Chocolate
Drink Mix
Mélange pour
boisson
chaude au
Chocolat

DIRECTIONS:
Pour contents of one packet into a cup. Add 200 mL of boiling water. Stir until well dissolved.

MODE D'EMPLOI :
Vider le contenu d'un sachet dans une tasse. Ajouter 200 mL d'eau bouillante. Bien mélanger jusqu'à dissolution complète.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 packet (25 g) Portion : 1 sachet (25 g) Servings Per Container / Portions par contenant : 7	
Amount Per Serving Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories	90
Total Fat / Lipides	0 g 0%
Saturated / Saturés	0 g 0%
+Trans / trans	0 g 0%
Cholesterol / Cholestérol	0 g
Sodium / Sodium	110 mg 5%
Potassium / Potassium	70 mg 2%
Carbohydrate / Glucides	7 g 2%
Fibre / Fibres	0 g 0%
Sugars / Sucres	0 g
Protein / Protéines	15 g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	10%
Iron / Fer	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:	
	Calories 2,000 2,500
Total des lipides	Moins de 65 g 80 g
Saturés + trans	Moins de 20 g 25 g
Cholestérol	Moins de 300 mg 300 mg
Sodium	Moins de 2 400 mg 2 400 mg
Potassium	3 500 mg 3 500 mg
Total des glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme: Lipides 9 • Glucides 4 • Protéines 4	

Ingredients: Hydrolyzed gelatin, modified milk ingredient, maltodextrin, cocoa powder, gelatin, natural and artificial flavours, xanthan gum, guar gum, sodium alginate, carrageenan, magnesium phosphate, salt, wheat dextrin, soy lecithin, silicon dioxide, sucralose, acesulfame-potassium.

Contains 25 mg of sucralose and 24 mg of acesulfame-potassium per serving.

Manufactured in a facility that processes eggs, sesame and tree nuts.

Made in Canada from domestic and imported ingredients.

Ingrédients : Gélatine hydrolysée, substance laitière modifiée, maltodextrine, poudre de cacao, gélatine, arômes naturels et artificiels, gomme de xanthane, gomme de guar, alginate de sodium, carraghénine, phosphate de magnésium, sel, dextrine de blé, lécithine de soja, bioxyde de silicium, sucralose, acésulfame-potassium.

Contient 25 mg de sucralose et 24 mg d'acésulfame-potassium par portion.

Fabriqué dans un établissement où l'on utilise des oeufs, du sésame et des noix.

Fabriqué au Canada à partir d'ingrédients canadiens et importés.

Nutrition Facts

Chocolate Cake Mix Mélange pour Gâteau au chocolat

Cream of Chicken Soup Soupe à la crème de poulet

DIRECTIONS:
Empty contents of one packet into a bowl. Add 190 - 220 mL of boiling water while stirring continuously.

MODE D'EMPLOI :
Vider le contenu d'un sachet dans un bol. Ajouter 190 - 220 ml d'eau bouillante en agitant constamment.

Chocolate Decadence Protein Bar Barre protéinée décadence au chocolat

DIRECTIONS:
Empty contents of one packet into a large microwavable bowl. Add 2 tablespoons of cold water. Mix well until completely dissolved. Cook in microwave on HIGH for 30 seconds.

Microwave time may vary due to differences in microwaves.

MODE D'EMPLOI :
Vider le contenu d'un sachet dans un bol allant au micro-ondes. Ajouter 2 cuillères à soupe d'eau froide. Bien mélanger jusqu'à dissolution complète. Cuire au micro-ondes à HAUTE intensité pendant 30 secondes.

Le temps de cuisson peut varier selon le type de micro-ondes.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 packet (34 g) Portion : 1 sachet (34 g) Servings Per Container / Portions par contenant : 7	
Amount Per Serving	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories	130
Total Fat / Lipides	2.5 g 4 %
Saturated / Saturés	1 g 5 %
+Trans / trans	0 g
Cholesterol / Cholestérol	15 mg
Sodium / Sodium	150 mg 6 %
Potassium / Potassium	200 mg 6 %
Carbohydrate / Glucides	13 g 4 %
Fibre / Fibres	1 g 4 %
Sugars / Sucres	3 g
Protein / Protéines	15 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	20 %
Iron / Fer	8 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated + trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total carbohydrate	300 g	375 g	375 g
Dietary Fibre	25 g	30 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:

	Calories	2,000	2,500
Total des lipides	Moins de	65 g	80 g
Saturés + trans	Moins de	20 g	25 g
Cholestérol	Moins de	300 mg	300 mg
Sodium	Moins de	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total des glucides	300 g	375 g	375 g
Fibres alimentaires	25 g	30 g	30 g

Calories par gramme :
Lipides 9 • Glucides 4 • Protéines 4

Ingredients: Modified milk ingredients, oat bran, cocoa powder, fructose, egg-white powder, natural and artificial flavours, soybean oil, sunflower oil, maltodextrin, guar gum, sodium bicarbonate, wheat dextrin, soy lecithin, silicon dioxide, acesulfame-potassium, citric acid, yeast, mono-diglycerides, tocopherol, sucralose.

Contains 30 mg of acesulfame-potassium and 10 mg of sucralose per serving.

Ingrédients : Substances laitières modifiées, son d'avoine, poudre de cacao, fructose, poudre de blanc d'oeuf, arômes naturels et artificiels, huile de soja, huile de tournesol, maltodextrine, gomme de guar, bicarbonate de sodium, dextrose, de blé, lécithine de soja, bioxyde de silicium, acésulfame-potassium, acide citrique, levure, mono diglycérides, tocophérol, sucralose.

Contient 30 mg d'acésulfame-potassium et 10 mg de sucralose par portion.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 packet 24 g Portion : 1 sachet 24 g Servings Per Container / Portion par contenant : 7	
Amount Per Serving	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories	80
Total Fat / Lipides	0g 0%
Saturated / Saturés	0g
+Trans / trans	0g 1%
Cholesterol / Cholestérol	5mg
Sodium / Sodium	500mg 21%
Potassium / Potassium	250mg 7%
Carbohydrate / Glucides	3g 1%
Fibre / Fibres	0g 0%
Sugars / Sucres	1g
Protein / Protéines	15g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	20%
Iron / Fer	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated + trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total carbohydrate	300 g	375 g	375 g
Dietary Fibre	25 g	30 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:

	Calories	2,000	2,500
Total des lipides	Moins de	65 g	80 g
Saturés + trans	Moins de	20 g	25 g
Cholestérol	Moins de	300 mg	300 mg
Sodium	Moins de	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total des glucides	300 g	375 g	375 g
Fibres alimentaires	25 g	30 g	30 g

Calories par gramme :
Lipides 9 • Glucides 4 • Protéines 4

Ingredients: Protein blend (milk protein isolate, milk protein concentrate, soy protein isolate, pea protein isolate), hydrolyzed gelatin, natural and artificial flavours (egg), yeast extract, dehydrated vegetables (onion, garlic), maltodextrin, spice, disodium inosinate, disodium guanylate, potassium citrate, potassium bicarbonate, carrageenan gum, silicon dioxide, xanthan gum, guar gum, sodium alginate, salt, parsley flakes, partially hydrogenated sunflower oil.

Manufactured in a facility that processes wheat, sesame and tree nuts.

Made in Canada from domestic and imported ingredients.

Ingrédients : Mélange protéique (isolat de protéine de lait, concentré de protéine de lait, isolat de protéine de soja, isolat de protéine de pois), gélatine hydrolysée, arômes naturels et artificiels (œufs), extrait de levure, légumes déshydratés (oignon, ail), maltodextrine, épice, inosinate disodique, guanylate disodique, citrate de potassium, bicarbonate de potassium, carraghénine, bioxyde de silicium, gomme de xanthane, gomme de guar, alginate de sodium, sel, flocons de persil, huile de tournesol partiellement hydrogénée.

Fabriqué dans un établissement où l'on utilise du blé, du sésame et des noix.

Fabriqué au Canada à partir d'ingrédients canadiens et importés.

Preparation for Chicken Flavoured Soup Préparation pour soupe à saveur de poulet

Nutrition Facts Valeur nutritive	
Per 1 packet (28 g) / pour 1 sachet (28 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	100
Fat / Lipides	1 g 1%
Saturated / saturés	0 g 0%
+ Trans / trans	0 g
Cholesterol / Cholestérol	5 mg 2%
Sodium / Sodium	870 mg 36%
Potassium / Potassium	420 mg 12%
Carbohydrate / Glucides	1 g 0%
Fibre / Fibres	0 g 0%
Sugars / Sucres	0 g
Protein / Protéines	21 g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

List of ingredients

Soy protein isolate, artificial chicken flavour, sea salt, potassium chloride, onion, garlic, autolyzed yeast extract, celery salt, beta-carotene colour, xanthan gum, sodium bicarbonate, silicon dioxide.

Contains soy. May contain milk and eggs.

Liste des ingrédients

Isolat de protéine de soja, saveur artificielle de poulet, sel de mer, chlorure de potassium, oignon, ail, extrait de levure autolysée, sel de céleri, bêta-carotène, gomme xanthane, bicarbonate de sodium, dioxyde de silicium.

Contient du soja. Peut contenir du lait et des oeufs.

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 bar 42g Portion : 1 barre 42g Servings Per Container / Portion par contenant : 7	
Amount Per Serving	% Daily Value*
Teneur	% valeur quotidienne*
Calories / Calories	150
Total Fat / Lipides	5g 8%
Saturated / Saturés	2.5g 13%
+Trans / trans	0g
Cholesterol / Cholestérol	5mg 2%
Sodium / Sodium	180mg 8%
Potassium / Potassium	190mg 5%
Carbohydrate / Glucides	16g 5%
Fibre / Fibres	0g 0%
Sugars / Sucres	5g
Sugar alcohol / Polyalcool	3g
Protein / Protéines	15g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated + trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total carbohydrate	300 g	375 g	375 g
Dietary Fibre	25 g	30 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:

	Calories	2,000	2,500
Total des lipides	Moins de	65 g	80 g
Saturés + trans	Moins de	20 g	25 g
Cholestérol	Moins de	300 mg	300 mg
Sodium	Moins de	2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg	3,500 mg
Total des glucides	300 g	375 g	375 g
Fibres alimentaires	25 g	30 g	30 g

Calories par gramme :
Lipides 9 • Glucides 4 • Protéines 4

Ingredients : Protein blend (soy protein isolate, whey protein concentrate, milk protein isolate), maltitol syrup, sugar, glycerin, fructooligosaccharide, tapioca starch (wheat), modified palm kernel oil and palm oil, almonds, water, organic cane sugar, cocoa powder, unsweetened chocolate, natural and artificial flavours, prune juice concentrate, butter, soy lecithin, calcium carbonate, mono- and diglycerides, cream, sorbitol, salt, sodium phosphate, sodium citrate, sucralose, carrageenan.

Contains 9 mg of sucralose per serving.

Manufactured in a facility that processes egg, tree nuts, sesame and peanuts.

Ingrédients : Mélange protéique (isolat de protéine de soja, concentré de protéine de lactosérum, isolat de protéine de lait), sirop de maltitol, sucre, glycérine, fructooligosaccharide, amidon de tapioca (blé), huile de palme et de palmiste modifiée, amandes, eau, sucre de canne organique, cacao, chocolat non sucré, arômes naturels et artificiels, jus de prune concentré, beurre, lécithine de soja, carbonate de calcium, mono- et diglycérides, crème, sorbitol, sel, sucralose, phosphate de sodium, citrate de sodium, sucralose, carraghénine.

Contient 9 mg de sucralose par portion.

Fabriqué dans un établissement où l'on utilise des oeufs, des noix, du sésame et des arachides.

Nutrition Facts

Preparation for Cheddar Cheese
and Fine Herbs Omelet
Préparation pour Omelette au
fromage cheddar et aux fines herbes

Nutrition Facts Valeur nutritive	
Per 1 packet (35 g) / pour 1 sachet (35 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 4.5 g	7%
Saturated / saturés 1.5 g + Trans / trans 0 g	7%
Cholesterol / Cholestérol 25 mg	8%
Sodium / Sodium 630 mg	26%
Potassium / Potassium 250 mg	7%
Carbohydrate / Glucides 7 g	2%
Fibre / Fibres 1 g	4%
Sugars / Sucres 3 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	30%
Vitamin C / Vitamine C	100%
Calcium / Calcium	6%
Iron / Fer	6%

List of ingredients

Albumen powder (egg white, yeast, citric acid), whole egg, cheddar cheese powder (cheddar cheese, (pasteurized milk, cheese cultures, salt, enzymes), whey (milk), maltodextrin, soybean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavour, lactic acid, silicon dioxide), red bell pepper, green bell pepper, natural cheddar cheese flavour, onion, garlic, spices, cellulose gum, xanthan gum, carrageenan, sodium bicarbonate, beta-carotene colour, silicon dioxide.

Contains milk and eggs.

Liste des ingrédients

Poudre d'albumen (blanc d'oeuf, levure, acide citrique), oeuf entier, poudre de fromage cheddar (fromage cheddar, (lait pasteurisé, cultures fromagères, sel, enzymes), lactosérum (lait), maltodextrine, huile de soya, sel, babeurre, acide citrique, phosphate disodique, arôme naturel, acide lactique, dioxyde de silicium), piment rouge, piment vert, arôme naturel de fromage cheddar, oignon, ail, épices, gomme de cellulose, gomme xanthane, carraghénane, bicarbonate de sodium, bêta-carotène, dioxyde de silicium.

Contient du lait et des oeufs.

Vegetable Chili Preparation
Préparation pour
Chili aux légumes

Nutrition Facts Valeur nutritive	
Per 1 packet (33 g) / pour 1 sachet (33 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 3 g	5%
Saturated / saturés 0.3 g + Trans / trans 0 g	2%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 530 mg	22%
Carbohydrate / Glucides 13 g	4%
Fibre / Fibres 4 g	16%
Sugars / Sucres 3 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	8%
Calcium / Calcium	6%
Iron / Fer	15%

List of ingredients: Textured soy (soy protein concentrate, caramel), dehydrated vegetables (red beans, onions, red bell peppers and garlic), modified starch, hydrolyzed wheat, soy and corn protein (autolysed yeast extract, partially hydrogenated cottonseed and soybean oil), tomato powder, sunflower oil, sugar, spices, guar gum, citric acid and sulphites.
Manufactured on equipment that processes wheat, peanuts, tree nuts and seeds.

Liste d'ingrédients : Soya texturé (concentré de protéine de soya, caramelo), légumes déshydratés (fèves rouges, oignons, poivrons rouges et ail), amidon modifié, protéines hydrolysées de blé, soya et maïs (extrait de levure autolysée, huiles partiellement hydrogénées de graines de coton et de soya), poudre de tomate, huile de tournesol, sucre, épices, gomme de guar, acide citrique et sulfites.
Manufacturé sur des équipements où sont utilisés des arachides, des noix, des graines variées et du blé.

Caramel Delight
Protein Bar
Barre protéinée
délice au caramel

Nutrition Facts/ Valeur nutritive	
Serving Size : 1 bar 42 g Portion : 1 barre 42 g Servings Per Container / Portion par contenant : 7	
Amount Per Serving Teneur	% Daily Value* % valeur quotidienne*
Calories / Calories 150	
Total Fat / Lipides 4g	6%
Saturated / Saturés 2.5g + Trans / trans 0g	13%
Cholesterol / Cholestérol 5mg	
Sodium / Sodium 210mg	9%
Potassium / Potassium 120mg	3%
Carbohydrate / Glucides 16g	5%
Fibre / Fibres 0g	0%
Sugars / Sucres 6g	
Sugar alcohol / Polyalcool 4g	
Protein / Protéines 15g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65 g 80 g
Saturated + trans	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Potassium	3,500 mg 3,500 mg
Total carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
* Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques:	
	Calories 2,000 2,500
Total des lipides	Moins de 65 g 80 g
Saturés + trans	Moins de 20 g 25 g
Cholestérol	Moins de 300 mg 300 mg
Sodium	Moins de 2 400 mg 2 400 mg
Potassium	3 500 mg 3 500 mg
Total des glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme: Lipides 9 • Glucides 4 • Protéines 4	

Ingredients : Protein blend (soy protein isolate, whey protein concentrate, milk protein isolate), maltitol syrup, sugar, fructooligosaccharide, glycerin, tapioca starch (wheat), palm kernel and palm oil, water, organic cane sugar, natural and artificial flavours, butter, cocoa powder, soy lecithin, mono- and diglycerides, calcium carbonate, cream, sorbitol, salt, sodium phosphate, sodium citrate, sucralose, tocopherol, carrageenan.

Contains 11 mg of sucralose per serving.

Manufactured in a facility that processes egg, tree nuts, sesame and peanuts.

Ingédients : Mélange protéique (isolat de protéines de soja, concentré de protéines de lactosérum, isolat de protéines de lait), sirop de maltitol, sucre, fructooligosaccharides, glycérine, amidon de tapioca (blé), huile de palme et de palmitate, eau, sucre de canne organique, arômes naturels et artificiels, beurre, poudre de cacao, lécithine de soja, mono- et diglycérides, carbonate de calcium, crème, sorbitol, sel, phosphate de sodium, citrate de sodium, sucralose, tocophérol, carraghénine.

Contient 11 mg de sucralose par portion.

Fabriqué dans un établissement où l'on utilise des oeufs, des noix, du sésame et des arachides.

Raspberry Flavoured
Gelatin

Gélatine à saveur
de framboise

Nutrition Facts Valeur nutritive	
Per 1 packet (26 g) / pour 1 sachet (26 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100 (420 kJ)	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0.3 g + Trans / trans 0 g	2%
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 35 mg	1%
Carbohydrate / Glucides 2 g	1%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	2%

List of ingredients

Hydrolyzed collagen, gelatin, sugarbeet powder, citric acid, natural and artificial flavour, potassium citrate, sucralose (50 mg/portion), tricalcium diphosphate.

Liste d'ingrédients

Collagène hydrolysé, gélatine, betterave rouge en poudre, acide citrique, saveur naturelle et artificielle, citrate de potassium, sucralose (50 mg/portion), phosphate tricalcique.