

VEGETABLE SOUP +

Meal replacement for weight control.
Vegetable soup powder.

Ingredients:

Soy protein, potato flakes, sunflower seeds, inulin, seasoning mix (iodised sea salt, starch, maltodextrin, yeast extract), sunflower oil, carrot pieces (5%), granulated broth (hydrolysed vegetable protein, sea salt), leek pieces, **celery** pieces, onion, cauliflower pieces (1.5%), peas, broccoli (1%), spinach, dried herbs (parsley, marjoram, chive), flavourings (containing **celery**), thickener (locust bean gum), magnesium, iron, zinc, copper, manganese, iodine, selenium, maltodextrin, vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B₆, folic acid, vitamin B₁₂, biotin, pantothenic acid, modified starch, emulsifier (lecithins).

The Vegetable Soup is gluten-free.

This product is manufactured in Germany, exclusively for:

The Juice Plus+ Company Europe GmbH, CH-4052 Basel, Switzerland

The Juice Plus+ Company GmbH, D-79576 Weil a. Rhein, Germany

The Juice Plus+ Company Ltd. London, W6 9RU, UK

885 g 30 single serving sachets of 29.5g

SKU 220504050

C-1224GBIE.2660

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| Nutrition Information | Per 100g powder | Per portion ready-to-eat ^a | %RI ^b |
|-------------------------|---------------------|---------------------------------------|------------------|
| Energy | 1484 kJ 355 kcal | 862 kJ 205 kcal | |
| Fat | 13g | 4.0g | |
| of which saturates | 1.2g | 0.4g | |
| Carbohydrate | 22g | 21g | |
| of which sugars | 5.5g | 16g | |
| Fibre | 17g | 5.0g | |
| Protein | 29g | 19g | |
| Salt | 8.3g | 2.8g | |
| Vitamin A | 815 µg | 248 µg | 31 |
| Vitamin D | 5.1 µg | 1.5 µg | 30 |
| Vitamin E | 20mg | 5.8mg | 48 |
| Vitamin K | 77 µg | 23 µg | 31 |
| Vitamin C | 87mg | 29mg | 36 |
| Thiamin | 1.3mg | 0.51mg | 46 |
| Riboflavin | 1.7mg | 1.0mg | 71 |
| Niacin | 20mg | 6.0mg | 38 |
| Vitamin B ₆ | 2.2mg | 0.81mg | 58 |
| Folic acid | 264 µg | 91.4 µg | 46 |
| Vitamin B ₁₂ | 2.7 µg | 2.0 µg | 80 |
| Biotin | 58 µg | 22 µg | 44 |
| Pantothenic acid | 6.2mg | 2.8mg | 47 |
| Potassium | 776mg | 694mg | 35 |
| Calcium | 133mg | 399mg | 50 |
| Phosphorus | 638mg | 479mg | 68 |
| Magnesium | 307mg | 127mg | 34 |
| Iron | 25mg | 7.3mg | 52 |
| Zinc | 13mg | 5.0mg | 50 |
| Copper | 2.1mg | 0.61mg | 61 |
| Manganese | 2.7mg | 0.79mg | 40 |
| Selenium | 69 µg | 20 µg | 36 |
| Iodine | 276 µg | 81.3 µg | 54 |

^a 29.5g of powder prepared with 300ml of skimmed milk (0.1% fat)
^b RI = Reference Intake

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It's Your Life. Make It Complete.

Recommended consumption:

Do not replace more than 2 meals per day with Complete.

Instructions for use:

Heat 300 ml of skimmed milk (0.1% fat) in a saucepan. Add the contents of one sachet (29.5g) of Vegetable Soup powder and stir well with a whisk. Leave to stand for about 1 minute before eating. It is important that you follow these instructions when preparing your soup.

Please note:

Complete provides the nutritional elements of a whole meal, delivering a balanced mix of carbohydrates, protein and fat, and also contains a useful amount of fibre and micronutrients such as vitamins and minerals. The vegetable proteins have a high biological value.

Complete should be used as part of a calorie controlled diet. Other foods should be included in this diet. It is important to drink enough water when you use Complete. This product is not a replacement for a balanced, varied diet and a healthy lifestyle.

This product is subject to continuous laboratory controls.

Sachets not to be sold separately

Store in a dry place, at ambient temperatures up to 25°C.

For best before end and lot number: see base