

# Nutrition Bars

## Nut Raisin & Toffee Flavour Nutrition Bar

### Ingredients

Soya Crispies (Isolated Soya Protein, Tapioca Starch, Salt), Glucose Syrup, Chicory Root Fibre, Toasted Oats (Oatflakes, Honey, Vegetable Oil), Mixed nuts (6%), Raisins (6%), Vegetable Oil, Vitamins & Minerals, Soya Protein Isolate, Glycerine, Colour: Caramel, Salt, Flavouring, Sweetener: Sucralose

### Allergens

Soya, nuts, Gluten (from oats). Made in a factory that handles: peanuts, tree nuts, oats and and sesame seeds.

## Chocolate Orange Nutrition Bar

### Ingredients

Soya Crispies (Isolated Soya Protein, Tapioca Starch, Salt), Glucose Syrup, Chicory Root Fibre, Toasted Oats (Oatflakes, Honey, Vegetable Oil), Chocolate Chips (6%) (Sugar, cocoa mass, cocoa butter, emulsifier soya lecithin, natural vanilla), Citrus Peel (6%) (citrus peel, glucose syrup, sugar, preservatives: sulphur dioxide, potassium sorbate, acidity regulator: citric acid), Vegetable Oil, Vitamins & Minerals, Soya Protein Isolate, Glycerine, Colour: Caramel, Salt, Flavouring, Sweetener: Sucralose

### Allergens

Soya, nuts, Gluten (from oats). Made in a factory that handles: peanuts, tree nuts, oats and and sesame seeds.

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## Toffee, Nut & Raisin Flavour Nutrition Bar

Nutrition Information	Per Day	Per 59g Bar	Per 100g	% RDA
Energy KJ	2693.8 KJ	898 KJ	1522 kJ	
Calories Kcal	643.7 KCal	215 KCal	(364 kcal)	
Protein	56.1 g	18.7 g	31.7 g	
Carbohydrate	68.9 g	23.0 g	38.9 g	
(of which sugars)	45.9 g	15.3 g	15.9 g	
Fat	19.9 g	6.6 g	11.2 g	
(of which saturates)	6.1 g	2.0 g	3.4 g	
Fibre	15.8 g	5.3 g	8.9 g	158.1%
Sodium	418 mg	140 mg	237 mg	104.7%
Potassium	1507.7 mg	503 mg	852 mg	100.5%
Calcium	816 mg	272 mg	451 mg	102.0%
Magnesium	314.7 mg	105 mg	178 mg	104.9%
Phosphorus	1300.1 mg	433 mg	735 mg	162.5%
Chloride	711.6 mg	237 mg	402 mg	118.6%

## Chocolate Orange Nutrition Bar

Nutrition Information	Per Day	Per 59g Bar	Per 100g	% RDA
Energy KJ	2621.8 KJ	874 KJ	1481 kJ	
Calories Kcal	626.5 KCal	209 KCal	(354kcal)	
Protein	53.8 g	17.9 g	30.4 g	
Carbohydrate	73.9 g	24.6 g	41.8 g	
(of which sugars)	54.0 g	18.0 g	18.7 g	
Fat	17.1 g	5.7 g	9.7 g	
(of which saturates)	6.9 g	2.3 g	3.9 g	
Fibre	14.8 g	4.9 g	8.4 g	147.9%
Sodium	410.4 mg	137 mg	132 mg	102.6%
Potassium	1502.9 mg	501 mg	849 mg	100.2%
Calcium	819.6 mg	273 mg	463 mg	102.4%
Magnesium	300.6 mg	100 mg	170 mg	100.2%
Phosphorus	1300.7 mg	434 mg	737 mg	162.6%
Chloride	717.9 mg	239 mg	406 mg	119.7%

Vitamins & Minerals	Per 100g	Per Serving	Per Day	% RDA
Biotin	94 µg	50 µg	150 µg	100%
Chromium	23 µg	12 µg	35 µg	*
Copper	0.9mg	0.5mg	1.5mg	*
Fluoride	2.4mg	1.3mg	4.0mg	*
Folic Acid	126 µg	67 µg	200 µg	100%
Iodine	94 µg	50 µg	150 µg	100%
Iron	10.0mg	5.3mg	14.0mg	114%
Manganese	0.6mg	0.3mg	1.0mg	*
Molybdenum	28 µg	15 µg	45 µg	*
Niacin	11.3mg	6.0mg	18.0mg	100%
Pantothenic acid	3.8mg	2.0mg	6.0mg	100%
Selenium	70 µg	37 µg	110 µg	*
Vitamin A	502 µg	267 µg	800 µg	100%
Vitamin B1	1.0mg	0.5mg	1.4mg	100%
Vitamin B12	1 µg	0.5 µg	1.4µg	100%
Vitamin B2	0.9mg	0.5mg	1.6mg	100%
Vitamin B6	1.3mg	0.7mg	2.0mg	100%
Vitamin C	37.6mg	20.0mg	60.0mg	100%
Vitamin D	4 µg	2 µg	5 µg	100%
Vitamin E	6.2mg	3.3mg	10.0mg	100%
Vitamin K1	75 µg	40 µg	120 µg	100%
Zinc	9.4mg	5.0mg	15.0mg	100%

\* No RDA given in EU Council Directive 90/496/EEC (USA RDAs Used)

*Naturally Better...*

## Ingredients and Nutritional information

## Soups, Shakes and Nutrition Bars

Use with Exante guidance as  
Nutritionally Complete Meal Replacements,  
or in combination with a  
healthy diet for weight control.

# Shake Sachets

## Ingredients

**Vanilla Flavour Shake:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Stabiliser: Carboxy Methyl Cellulose, Vitamins & Minerals, Salt, Flavouring, Sweetener: Sucralose

**Chocolate Flavour Shake:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Milk Protein), Soya Protein Isolate, Whey Protein Powder, Cocoa Powder, Purified Chicory Root Fibre, Flavouring, Stabiliser: Carboxy Methyl Cellulose, Vitamins & Minerals, Salt, Sweetener: Sucralose

**Strawberry Flavour Shake:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Stabiliser: Carboxy Methyl Cellulose, Flavouring, Vitamins & Minerals, Colour: Beetroot Red, Salt, Sweetener: Sucralose

**Banana Flavour Shake:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Stabiliser: Carboxy Methyl Cellulose, Vitamins & Minerals, Salt, Flavouring, Colour: Beta Carotene, Sweetener: Sucralose

## Allergens

Milk, soya - Made in a factory that handles: milk, wheat, gluten, dried fish, celery, mustard, Crustaceans/Molluscs, soya beans & eggs and products thereof

# Soup Sachets

## Ingredients

**Thai Chicken Flavour Soup:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Hydrolised Vegetable Protein, Potato Starch, Flavouring, Stabiliser: Carboxy Methyl Cellulose, Vitamins & Minerals, Yeast Extract, Dried Red Pepper, Dried Onion Powder, Salt, Spice Extract, Spices, Colour: Beta Carotene

**Tomato & Basil Flavour Soup:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Dried Tomato Powder, Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Potato Starch, Hydrolised Vegetable Protein, Flavouring, Stabiliser: Carboxy Methyl Cellulose, Vitamins & Minerals, Salt, Colour: Beetroot Red, Yeast Extract, Dried Onion Powder, Colour: Beta Carotene, Spice extract, Spices, Dried Herbs

**Vegetable Flavour Soup:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Potato Starch, Dried Carrot, Hydrolised Vegetable Protein, Yeast Extract, Dried Onion Powder, Dried Leek Powder, Dried Peas, Stabiliser: Carboxy Methyl Cellulose, Vitamins & Minerals, Spice Extract, Salt, Flavouring, Dried Herbs, Spices.

**Mushroom Flavour Soup:** Skimmed Milk Powder, Dairy Creamer (Vegetable Oil, Glucose Syrup, Milk Protein), Soya Protein Isolate, Soya Protein Isolate, Whey Protein Powder, Purified Chicory Root Fibre, Potato Starch, Hydrolised Vegetable Protein, Flavouring, Stabiliser: Carboxy Methyl Cellulose, Dried Mushroom, Salt

## Allergens

Soya, milk, celery, gluten from wheat, sulphites - Made in a factory that handles: milk, wheat, gluten, dried fish, celery, mustard, Crustaceans/Molluscs, soya beans & eggs and products thereof

# Shakes

Nutrition Information	Vanilla Flavour Shake			Chocolate Flavour Shake			Strawberry Flavour Shake			Banana Flavour Shake		
	Per Day	Per 46g Serving	Per 100g	Per Day	Per 48g Serving	Per 100g	Per Day	Per 47g Serving	Per 100g	Per Day	Per 47g Serving	Per 100g
Energy kJ	2511 kJ	837 kJ	1804 kJ	2511 kJ	837 kJ	1755 kJ	2523 kJ	841 kJ	1782 kJ	2523 kJ	841 kJ	1809 kJ
Calories	(600 kcal)	(200 kcal)	(431 kcal)	(600 kcal)	(200 kcal)	(419 kcal)	(603 kcal)	(201 kcal)	(426 kcal)	(603 kcal)	(201 kcal)	(432 kcal)
Protein	50.4g	16.8 g	36.2 g	50.7 g	16.9 g	35.4 g	50.7 g	16.9 g	35.8 g	50.7 g	16.9 g	36.3 g
Carbohydrate	55.5 g	18.5 g	39.9 g	55.2 g	18.4 g	38.6 g	55.8 g	18.6 g	39.4 g	55.5 g	18.5 g	39.8 g
(of which sugars)	45.6 g	15.2 g	32.8 g	45.3 g	15.1 g	31.7 g	46.2 g	15.4 g	32.6 g	45.6 g	15.2 g	32.7 g
Fat	19.8 g	6.6 g	14.2 g	19.5 g	6.5 g	13.6 g	19.8 g	6.6 g	14.0 g	19.8 g	6.6 g	14.2 g
(of which saturates)	4.2 g	1.4 g	3.0 g	4.8 g	1.6 g	3.4 g	4.5 g	1.5 g	3.2 g	4.2 g	1.4 g	3.0 g
Fibre	9.9 g	3.3 g	7.1 g	10.2 g	3.4 g	7.1 g	9.9 g	3.3 g	7.0 g	9.9 g	3.3 g	7.1 g
Sodium	1014 mg	338 mg	729 mg	1029 mg	343 mg	719 mg	1014 mg	338 mg	717 mg	1017 mg	339 mg	728 mg
Potassium	1623 mg	541 mg	1166 mg	1629 mg	543 mg	1139 mg	1620 mg	540 mg	1145 mg	1623 mg	541 mg	1164 mg

# Soups

Nutrition Information	Thai Chicken Flavour Soup			Tomato & Basil Flavour Soup			Vegetable Flavour Soup			Mushroom Flavour Soup		
	Per Day	Per 48g Serving	Per 100g	Per Day	Per 53g Serving	Per 100g	Per Day	Per 51g Serving	Per 100g	Per Day	Per 48g Serving	Per 100g
Energy kJ	2523 kJ	841 kJ	1745 kJ	2535 kJ	845 kJ	1588 kJ	2523 kJ	841 kJ	1662 kJ	2511 kJ	837 kJ	1751 kJ
Calories	(603 kcal)	(201 kcal)	(417 kcal)	(606 kcal)	(202 kcal)	(380 kcal)	(603 kcal)	(201 kcal)	(397 kcal)	(600 kcal)	(200 kcal)	(418 kcal)
Protein	51.0 g	17.0 g	35.3 g	50.7 g	16.9 g	31.8 g	50.4 g	16.8 g	33.2 g	50.7 g	16.9 g	35.4 g
Carbohydrate	55.2 g	18.4 g	38.2 g	56.4 g	18.8 g	35.3 g	55.8 g	18.6 g	36.8 g	55.5 g	18.5 g	38.7 g
(of which sugars)	39.6 g	13.2 g	27.4 g	33.0 g	11.0 g	20.7 g	38.1 g	12.7 g	25.1 g	37.2 g	12.4 g	25.9 g
Fat	19.8 g	6.6 g	13.7 g	19.5 g	6.5 g	12.2 g	19.8 g	6.6 g	13.0 g	19.5 g	6.5 g	13.6 g
(of which saturates)	4.2 g	1.4 g	2.9 g	4.2 g	1.4 g	2.6 g	4.2 g	1.4 g	2.8 g	4.2 g	1.4 g	2.9 g
Fibre	10.5 g	3.5 g	7.3 g	10.2 g	3.4 g	6.4 g	9.9 g	3.3 g	6.5 g	10.5 g	3.5 g	7.3 g
Sodium	2259 mg	753 mg	1562 mg	2067 mg	689 mg	1296 mg	2169 mg	723 mg	1428 mg	2016 mg	672 mg	1406 mg
Potassium	1623 mg	541 mg	1123 mg	1725 mg	575 mg	1080 mg	1617 mg	539 mg	1065 mg	1623 mg	541 mg	1132 mg

Vitamins & Minerals	Per 100g	Per Serving	Per Day	% RDA
Biotin	94 µg	50 µg	150 µg	100%
Chromium	23 µg	12 µg	35 µg	*
Copper	0.9mg	0.5mg	1.5mg	*
Fluoride	2.4mg	1.3mg	4.0mg	*
Folic Acid	126 µg	67 µg	200 µg	100%
Iodine	94 µg	50 µg	150 µg	100%
Iron	10.0mg	5.3mg	14.0mg	114%
Manganese	0.6mg	0.3mg	1.0mg	*
Molybdenum	28 µg	15 µg	45 µg	*
Niacin	11.3mg	6.0mg	18.0mg	100%
Pantothenic acid	3.8mg	2.0mg	6.0mg	100%
Selenium	70 µg	37 µg	110 µg	*
Vitamin A	502 µg	267 µg	800 µg	100%
Vitamin B1	1.0mg	0.5mg	1.4mg	100%
Vitamin B12	1 µg	0.5 µg	1.4µg	100%
Vitamin B2	0.9mg	0.5mg	1.6mg	100%
Vitamin B6	1.3mg	0.7mg	2.0mg	100%
Vitamin C	37.6mg	20.0mg	60.0mg	100%
Vitamin D	4 µg	2 µg	5 µg	100%
Vitamin E	6.2mg	3.3mg	10.0mg	100%
Vitamin K1	75 µg	40 µg	120 µg	100%
Zinc	9.4mg	5.0mg	15.0mg	100%

\* No RDA given in EU Council Directive 90/496/EEC (USA RDAs Used)

Mixing
To drink hot mix with 200-250ml of boiling water. To drink cold mix with 200-250ml of cool water. Mix preferably with whisk or blender.
Important
When following Exante Diet Solutions you need to consume 2-3 litres of water per day. It can be harmful to consume large volumes of water or other fluids in a short space of time.