

NUTRITIONAL INFORMATION		
	Per 100g:	Per daily dose (5g + 250ml):
Energy	1038 kJ/ 252 kcal	52 kJ/ 13 kcal
Fat	0.7 g	< 0.5 g
of which saturates	< 0.1 g	< 0.1 g
Carbohydrate	27 g	1.3 g
of which sugars	12.4 g	0.6 g
Fibre	62 g	3.1 g
Protein	3.7 g	< 0.5 g
Salt	< 0.01 g	< 0.01 g
Inulin	60 g	3000 mg
Flaxseed Powder	10 g	500 mg
Psyllium Husk Extract 10:1	1 g	50 mg (500 mg equivalent amount of plant before extraction)
** 0.6 g sugar per 5g powder in 250ml. Each tub contains 30 servings.		