

Creamy Chicken

Flavoured Soup



Preparation

Add one sachet (55g) of KicStart soup to a bowl. Slowly whisk in 200mL of HOT water to dissolve powder.

OR

Mix powder and 200mL of COLD water in a shaker then transfer to a heatproof container and warm in microwave.

STORE BELOW 25°C

KicStart™ is manufactured and packaged in Australia.

Each sachet is 55g net

Nutrition Information		Servings per package: 1	
Serving size: 55g per 200mL water	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)	
Energy	849kJ	(203Cal)	364kJ (87Cal)
Protein	20.9g		9.0g
Fat, Total	4.5g		1.9g
- Saturated	0.7g		0.3g
Carbohydrate	17.6g		7.6g
- Sugars	11.2g		4.8g
Dietary Fibre	4.0g		1.7g
Sodium	683mg		293mg
Potassium	569mg		244mg
Magnesium	160mg	(50%RDI)*	69mg
Calcium	400mg	(50%RDI)	172mg
Phosphorus	350mg	(35%RDI)	129mg
Iron	4.8mg	(40%RDI)	2.1mg
Zinc	4.8mg	(40%RDI)	2.1mg
Manganese	0.85mg	(17%ESADDI)**	0.4mg
Copper	0.5mg	(17%ESADDI)	0.2mg
Selenium	17.5µg	(25%RDI)	7.5µg
Iodine	75µg	(50%RDI)	32µg
Chromium	34µg	(17% ESADDI)	15µg
Molybdenum	42.5µg	(17% ESADDI)	18µg
Vitamin A	300µg	(40%RDI)	129µg
Thiamin	0.55mg	(50%RDI)	0.24mg
Riboflavin	0.85mg	(50%RDI)	0.36mg
Niacin	5mg	(50%RDI)	2mg
Pantothenic Acid	0.8mg	(17% ESADDI)	0.3mg
Vitamin B12	1.0µg	(50%RDI)	0.4µg
Vitamin C	20mg	(50%RDI)	8.6mg
Vitamin D	5µg	(50%RDI)	2µg
Vitamin E	5mg	(50%RDI)	2mg
Vitamin B6	0.8mg	(50%RDI)	0.3mg
Vitamin K	40µg	(50% ESADDI)	17µg
Biotin	5µg	(17% ESADDI)	2µg
Folic Acid	100µg	(50%RDI)	43µg

*RDI = Recommended Dietary Intake

**ESADDI = Estimated Safe and Adequate Daily Dietary Intake

INGREDIENTS

Milk Solids (Skim **Milk** Powder, **Milk** Protein), Hydrolysed Gelatin, Maltodextrin, Sunflower Oil Powder (Sunflower Oil, Glucose Syrup Solids (**Wheat**), Emulsifier (472c), Antioxidant (304, 306 (**Soy**), 322)), **Soy** Protein (**Soy** Isolate, Emulsifier (**Soy** Lecithin)), **Soy** Flour, Flavour (**Wheat**), Dietary Fibre (Polydextrose, Inulin), Minerals (Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Chromium Chloride, Manganese Sulphate, Copper Sulphate, Potassium Iodide, Sodium Molybdate, Sodium Selenite), Vegetable Gum (415), Garlic Powder, Natural Flavour Enhancer (**Soy**, **Wheat**), Dried Onion, Onion Powder, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12), Ground Thyme, Ground White Pepper, Dried Parsley, Chive Flakes, Natural Colour (Turmeric).
Contains Wheat, Milk & Soy.

KicStart™ contains ingredients from milk, wheat and soy products. CONTAINS LACTOSE.
FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.



Prima Health Solutions Pty Ltd
ABN 44 097 116 544
Unit 14 / 10-18 Orchard Rd,
Brookvale NSW 2100
PO Box 7468, Warringah Mall NSW 2100
www.healthyweightforlife.com.au
Enquiries and feedback:
FREECALL 1800 226 180
info@primahealth.com.au

#When consumed as directed and part of a reduced energy diet including regular exercise.