

Your PopUp Meal™

Science Based Complete Drink

Ingredients: semi-skimmed milk, maltodextrin (from maize), cream, milk protein, rapeseed oil, inulin (chicory root), isomaltulose (sugar beet), fructose (sugar beet or cane), thickeners: carrageenan (seaweed), carboxymethylcellulose (cellulose), emulsifier: lecithin (sunflower), vitamins, minerals.

NB! No artificial preservatives, flavours, sweeteners or colours have been added to Your PopUp Meal



Nutrition Declaration	Unit	Per 100ml	Per serving 310 ml
Energy	kJ/kcal	646 / 155	2005 / 480 (24%*)
Fat	g	6.8	21 (30%*)
of which			
- saturates	g	2.3	7 (35%*)
- monounsaturates	g	3.4	10.5
- polyunsaturates	g	1.1	3.5
Carbohydrate	g	15	46.4 (18%*)
of which			
- sugars	g	7.5	23.3 (26%*)
Fibre	g	3.1	9.5
Protein	g	6.6	20.4 (41%*)
Salt	g	0.15	0.48 (8%*)
Calcium	mg	169 (21%**)	525 (66%**)
Potassium	mg	146 (7%**)	451 (23%**)
Magnesium	mg	18 (5%**)	57 (15%**)
Selenium	µg	2.7 (5%**)	8.3 (15%**)
Zinc	mg	0.5 (5%**)	1.5 (15%**)
Chromium	µg	2 (5%**)	6.1 (15%**)
Vitamin D	µg	1.6 (32%**)	5 (100%**)
Thiamine (vit B1)	mg	0.1 (8%**)	0.28 (25%**)
Niacin (vit B3)	mg	1 (6%**)	3.2 (20%**)
Pantothenic acid (vit B5)	mg	0.4 (6%**)	1.2 (20%**)
Vitamin B6	mg	0.1 (8%**)	0.35 (25%**)
Biotin (vit B7)	µg	3.2 (6%**)	10 (20%**)
Folic acid (vit B9)	µg	21.3 (11%**)	66 (33%**)
Vitamin B12	µg	0.3 (11%**)	0.83 (33%**)
* % of reference intake of an average adult (8400kJ/2000kcal)			
**% of nutrient reference values for adult			