



# Meal Replacement Shake Vanilla 520 g Zero Regrets Drasanvi

SKU: 032010087 C.N: 191255.8 EAN13: 8436578540372

## Description

The Vanilla Flavour Shake from DRASANVI has been designed as a replacement for one or two of the main meals to help you in weight control. A portion (a sachet) will provide all the nutrients you need in a main meal. The substitute shake of a meal is rich in proteins and high in fibre and is enriched with the vitamins and minerals (phosphorus, calcium ...) you need for your day to day.

## Directions

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Add the contents of a sachet to 200-250 ml of water (according to the desired consistency). Stir the mixture vigorously using a fork or shaker cup. Eat immediately.

## Presentation

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Contains 520 g.

## Warnings

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Meal replacements should be consumed within the framework of a varied and balanced diet and a healthy lifestyle. It is important to maintain an adequate intake of liquid, between 1.5 and 2 liters per day. Meal replacements are only used for the purpose they are intended (ie, weight loss and subsequent maintenance), as part of a diet of low energy value, and this diet must necessarily be completed with the consumption of other foods. To achieve the goal of losing weight it is necessary to replace two main meals a day with a meal replacement. Contains soya and milk. Store in a cold and dry place.

## Additional Information

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With caseinate. Without fructose. With lactic ferments.

## Nutrition Facts

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per daily dose

<b>Ingredient</b>	<b>per 100 g</b>	<b>%NRV</b>	<b>per sachet</b>	<b>%NRV</b>
Vitamin A	774 µg	96,75%	402,48 µg	50%
Vitamin D	4,8 µg	96,75%	2,496 µg	50%
Vitamin E	11,6 mg	96,75%	6,032 mg	50%
Vitamin C	77,00 mg	96,75%	40,04 mg	50%
Thiamine (Vit B1)	1,1 mg	96,75%	0,5 mg	50%
Riboflavin (Vit B2)	1,4 mg	96,75%	0,7 mg	50%
Niacin (Vit B3)	15,5 mg	96,75%	8,1 mg	50%

Vitamin B6	1,4 mg	96,75%	0,7 mg	50%
Folic acid	193,0 µg	96,75%	100,4 µg	50%
Vitamin B12	2,4 µg	96,75%	1,2 µg	50%
Biotin	48,0 µg	96,75%	25,0 µg	50%
Pantothenic acid	5,8 mg	96,75%	3,0 mg	50%
Potassium	981 mg	49%	510 mg	26%
Chloride	769 mg	96%	400 mg	50%
Calcium	592 mg	74%	308 mg	38%
Phosphate	523 mg	74,7%	272 mg	39%
Magnesium	250,0 mg	66,67%	130 mg	35%
Iron	9,42 mg	67,3%	4,90 mg	35%
Zinc	6,73 mg	67,3%	3,4996 mg	35%
Copper	0,67 mg	67,3%	0,35 mg	35%
Manganese	1,35 mg	67,3%	0,70 mg	35%
Fluoride	2,38 mg	67,3%	1,24 mg	35%
Selenium	36,5 µg	67,3%	19,0 µg	35%
Chrome	27,0 µg	67,3%	14,0 µg	35%
Molybdenum	33,7 µg	67,3%	17,5 µg	35%
Iodine	102,0 µg	67,3%	53,0 µg	35%

\* % NRV (Nutrient Reference Value)

per 100 g

	Per 100 g	Per daily dose
Energetic Value	1635KJ (389,3 Kcal)	850KJ (202,4Kcal)
Fat	7,73 g	4,02 g
of which are saturated	1,74 g	0,90 g
of which are monounsaturated	1,15 g	0,60 g
of which are polyunsaturated	3,12 g	1,62 g
Cholesterol	4,2 mg	2,2 mg
Linoleic acid	2,63 g	1,37 g
Carbohydrates	41,75 g	21,71 g
of which are sugars	6,60 g	3,43 g
Fibre	7,12 g	3,7 g
Proteins	34,62 g	18 g
Salt	0,87 g	0,45 g

# Allergen Information

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Milk, Soya,

# Certifications

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