

## VEGETABLE SOUP +

Meal replacement for weight control.  
Vegetable soup powder.

**Ingredients:**

**Soy** protein, potato flakes, sunflower seeds, inulin, seasoning mix (iodised sea salt, starch, maltodextrin, yeast extract), sunflower oil, carrot pieces (5%), granulated broth (hydrolysed vegetable protein, sea salt), leek pieces, **celery** pieces, onion, cauliflower pieces (1.5%), peas, broccoli (1%), spinach, dried herbs (parsley, marjoram, chive), flavourings (containing **celery**), thickener (locust bean gum), magnesium, iron, zinc, copper, manganese, iodine, selenium, maltodextrin, vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B<sub>6</sub>, folic acid, vitamin B<sub>12</sub>, biotin, pantothenic acid, modified starch, emulsifier (lecithins).

The Vegetable Soup is gluten-free.

This product is manufactured in Germany, exclusively for:

**The Juice Plus+ Company Europe GmbH, CH-4052 Basel, Switzerland**

The Juice Plus+ Company GmbH, D-79576 Weil a. Rhein, Germany

The Juice Plus+ Company Ltd. London, W6 9RU, UK

**885 g** 30 single serving sachets of 29.5g

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Nutrition Information	Per 100g powder	Per portion ready-to-eat <sup>a</sup>	%RI <sup>b</sup>
Energy	1484 kJ 355 kcal	862 kJ 205 kcal	
Fat	13g	4.0g	
of which saturates	1.2g	0.4g	
Carbohydrate	22g	21g	
of which sugars	5.5g	16g	
Fibre	17g	5.0g	
Protein	29g	19g	
Salt	8.3g	2.8g	
Vitamin A	815 µg	248 µg	31
Vitamin D	5.1 µg	1.5 µg	30
Vitamin E	20mg	5.8mg	48
Vitamin K	77 µg	23 µg	31
Vitamin C	87mg	29mg	36
Thiamin	1.3mg	0.51mg	46
Riboflavin	1.7mg	1.0mg	71
Niacin	20mg	6.0mg	38
Vitamin B <sub>6</sub>	2.2mg	0.81mg	58
Folic acid	264 µg	91.4 µg	46
Vitamin B <sub>12</sub>	2.7 µg	2.0 µg	80
Biotin	58 µg	22 µg	44
Pantothenic acid	6.2mg	2.8mg	47
Potassium	776mg	694mg	35
Calcium	133mg	399mg	50
Phosphorus	638mg	479mg	68
Magnesium	307mg	127mg	34
Iron	25mg	7.3mg	52
Zinc	13mg	5.0mg	50
Copper	2.1mg	0.61mg	61
Manganese	2.7mg	0.79mg	40
Selenium	69 µg	20 µg	36
Iodine	276 µg	81.3 µg	54

<sup>a</sup> 29.5g of powder prepared with 300ml of skimmed milk (0.1% fat)  
<sup>b</sup> RI = Reference Intake

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## It's Your Life. Make It Complete.

**Recommended consumption:**

Do not replace more than 2 meals per day with Complete.

**Instructions for use:**

Heat 300 ml of skimmed milk (0.1% fat) in a saucepan. Add the contents of one sachet (29.5g) of Vegetable Soup powder and stir well with a whisk. Leave to stand for about 1 minute before eating. It is important that you follow these instructions when preparing your soup.

**Please note:**

Complete provides the nutritional elements of a whole meal, delivering a balanced mix of carbohydrates, protein and fat, and also contains a useful amount of fibre and micronutrients such as vitamins and minerals. The vegetable proteins have a high biological value.

Complete should be used as part of a calorie controlled diet. Other foods should be included in this diet. It is important to drink enough water when you use Complete. This product is not a replacement for a balanced, varied diet and a healthy lifestyle.

This product is subject to continuous laboratory controls.

Sachets not to be sold separately

Store in a dry place, at ambient temperatures up to 25°C.

For best before end and lot number: see base