

Get Up and Go!™

(Vitamins and Minerals with a Blend of Wholefoods)

Nutritional Information

Amount in grams	Per 100g	Per 30g		
Energy	1368kj/326kcal	410kj/98kcal		
Protein	30	9		
Carbohydrates	40	12		
of which sugars	15	4.5		
Fat	3.2	1		
of which saturates	2	0.6		
Fibre	13	4		
Sodium	0.3	0.1		
	Per 100g	%RDA	Per 30g Serving	%RDA
Vitamin C	3,130mg	5,217	939mg	1565
Calcium	1167mg	146	350mg	44
Magnesium	1000mg	333	300mg	100
Phosphorous	833mg	104	250mg	31
Vitamin E	111mg	1110	33.3mg	333
Niacin	66.7mg	370	20mg	111
Pantothenic Acid	66.7mg	1112	20mg	333
Zinc	50mg	333	15mg	100
Iron	47mg	336	14mg	100
Vitamin B6	33.3mg	1665	10mg	500
Thiamin	16.7mg	1193	5mg	357
Riboflavin	16.7mg	1044	5mg	313
Manganese	8.3mg	-	2.5mg	-
Vitamin A	2667ug	333	800ug	100
Folacin	1000mg	500	300ug	150
Copper	1.0mg	-	0.3mg	-
Biotin	0.5mg	333	0.15mg	100
Iodine	500ug	333	150ug	100
Chromium	167ug	-	50ug	-
Selenium	167ug	-	50ug	-
Vitamin K	66.7ug	-	20ug	-
Vitamin D	20.8ug	416	6.25ug	125
Vitamin B12	8.3ug	830	2.5ug	250

Ingredients

Soy isolate¹ (non-GMO), apple powder, xylitol, vitamin and mineral premix (containing di-calcium phosphate, magnesium oxide, vitamin E acetate, niacin [vitamin B3 as nicotinamide], pantothenic acid [as calcium panthothenate], zinc gluconate, iron gluconate, vitamin B6 [as pyridoxine hydrochloride], thiamine [as thiamine hydrochloride], riboflavin, manganese gluconate, vitamin A [as acetate with dl-alpha tocopherol, corn oil, corn starch, acacia gum and sucrose], folic acid, copper, biotin, potassium iodide, chromium amino acid chelate, selenomethionine, vitamin K, vitamin D2, and vitamin B12 [as cyanocobalamine]), maltodextrin⁴, ground almonds², quinoa, lecithin powder¹, vanilla flavour, vitamin C (as ascorbic acid), rice flour, psyllium husks powder, oat bran⁴, citric acid, sunflower seeds, sesame seeds³, pumpkin seeds, cinnamon bark powder.

Allergens

Contains soya¹, nuts², sesame seeds³ and gluten⁴

Recommended Intake

Five level dessertspoons (30g) of Get Up & Go!™ daily with half a pint of milk, soya milk or rice milk, and a banana or other fruit

Contraindications

If you are under medical supervision, please consult a doctor before use.