



**BREKKIE IN A BOTTLE**  
PROTEIN x VITAMINS x MINERALS



**CHOCOLATE  
ICED COFFEE  
BANANA MALT  
VANILLA**

**ALSO AVAILABLE IN  
3 X 500ML VALUE PACKS  
FROM THE CEREAL AISLE  
AT YOUR LOCAL COLES**

## NUTRITIONAL INFORMATION

AVERAGE QUANTITY	PER SERVE	% DI# PER SERVE	PER 100ML
ENERGY	1260 kJ	15%	252 kJ
PROTEIN	20.0 g	40%	4.0 g
FAT, TOTAL**	7.5 g	11%	1.5 g
- SATURATED	5.0 g	21%	1.0 g
CARBOHYDRATE	36.0 g	12%	7.2 g
- SUGARS	36.0 g	40%	7.2 g
DIETARY FIBRE	7.0 g	23%	1.4 g
SODIUM	305 mg	13%	61 mg
CALCIUM	700 mg	min. 50% RDI*	140 mg
VITAMIN A	150 g	20% RDI*	30 g
VITAMIN D	3.0 g	30% RDI*	0.6 g
RIBOFLAVIN	0.85 mg	50% RDI*	0.17 mg
NIACIN	2.5 mg	25% RDI*	0.5 mg
VITAMIN B6	0.5 mg	31% RDI*	0.1 mg
VITAMIN B12	0.5 g	25% RDI*	0.1 g
MAGNESIUM	64 mg	20% RDI*	12.8 mg
ZINC	2.4 mg	20% RDI*	0.48 mg
IODINE	75 g	50% RDI*	15 g
PHOSPHORUS	500 mg	50% RDI*	100 mg

**Big M Edge Iced  
Coffee 500ml**

**SERVINGS PER PACK: 1  
SERVING SIZE: 500ml**

# Percentage daily intakes are based on an average adult diet of 8700KJ. Your daily intakes may be higher or lower depending upon your energy needs.

\* Recommended dietary intake