

client: Lose Baby Weight Pty Ltd
 project: the healthy mummy - Smoothies
 artwork: Vanilla Smoothie 500g
 date 16/7/12

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115mm

315mm

For more information on The Healthy Mummy please visit: www.healthymummy.com
 For advice & support on how to lose baby weight please visit: www.losebabyweight.com
 or join the Facebook page at: www.facebook.com/losebabyweight.com.au

The Healthy Mummy Smoothie offers an excellent source of essential vitamins, minerals, nutrients & important antioxidants

The Healthy Mummy Pty Ltd
 44/33 Reservoir St, Surry Hills
 NSW 2010, Australia
 "The Healthy Mummy" is a trade mark
 Made in Australia from local & imported ingredients

| |
|------|
| 30mm |
| 10mm |



Natural ingredients in our smoothies help give a gentle sensation of feeling fuller for longer, helping to avoid eating large meals or over snacking. They help to bulk the stool & aid bowel eliminations.

Included in our smoothies are:

- Apple pectin - a source of soluble fibre that forms gel naturally
- Rice bran fibre - a highly fibrous ingredient
- Cellulose - major component of cell wall in plants
- Psyllium husks - a water-soluble fibre
- Inulin - a natural vegetable fibre
- Flaxseed meal - healthy fats (omega3 fatty acids) & high fibre making it an ideal ingredient for post birth nourishment
- Pumpkin seed meal - adds bulk to assist a sense of fullness & contains a high level of essential fatty acids, protein, zinc & iron.

Protein For Health & Weight Loss:

- Soy protein isolate - a complete protein low in fat with high digestibility
- Methionine 10mg - important amino acid for normal metabolism
- Protease (from aspergillus) - group of enzymes that assist digestive process by breaking down proteins
- Soy lecithin 400mg - emulsifying that can aid the digestive system
- Bromelain 5mg - enzymes from pineapple assisting protein digestion.

Herbs For Your Health - during a weight loss diet, herbs can help to maintain a feeling of general wellbeing:

- Ginger root - a spice often used to add heat to meals while soothing the stomach
- Fenugreek - provides support for breastfeeding mothers
- Dandelion root - helps absorption of nutrients in "The Healthy Mummy" Smoothie.

LOW GI: as part of a weight loss diet, low GI foods help to release glucose more slowly leading to a more stable blood glucose level.

Ingredients: Soy Protein Isolate (non GMO), Fructose, Vanilla & Milk Flavours, Rice Bran Powder, Apple Pectin, Potassium Sulfate, Microcrystalline Cellulose, Magnesium Hydrogen Phosphate, Psyllium Husk, Soy Lecithin, Calcium Hydrogen Phosphate, Calcium Carbonate, Flaxseed Powder, Pumpkin Seed Powder, Inulin, Thaumatin, Silica Colloidal Anhydrous, Ascorbic Acid(Vit C), Methionine, Ferrous Fumarate, Bromelains, Zinc Oxide, Copper Gluconate, D-Alpha Tocopheryl Acid Succinate (Vit E), Nicotinamide (Vit B3), Retinyl Palmitate (Vit A), Protease, Fenugreek Seed Extract, Calcium Pantothenate (Vit B5), Maltodextrin, Dandelion Root Extract, Riboflavin (Vit B2), Pyridoxine Hydrochloride (Vit B6), Thiamine Mononitrate (Vit B1), Ginger Rhizome Extract, Chromic Chloride, Molybdenum Trioxide, Folic Acid, Potassium Iodide, Selenomethionine, Biotin, Cholecalciferol (Vit D), Cyanocobalamin (Vit B12).

Free from: preservatives, nuts, artificial colours, sucrose, lactose, sodium, salt, wheat, yeast, dairy, corn, nut & seafood products. GMO free.
CONTAINS SOY PRODUCTS

the healthy Mummy

Smoothie

the perfect high fibre, high protein & nutritious meal replacement that can help weight loss*

3 easy steps

- 1 Add your favourite fruit to smoothies & enjoy for breakfast &/or lunch
- 2 Regular healthy snacks plus a healthy dinner with lots of vegetables
- 3 Aim for a daily 45 minute walk & drink at least 8 glasses of water

- ✓ Can help with weight management*
- ✓ Excellent nutrition for energy
- ✓ Breastfeeding friendly
- ✓ Quick, easy & delicious
- ✓ Low GI & high fibre
- ✓ High in protein & low in sugar



500g

VANILLA

16 SMOOTHIES PER TUB

Formulated meal replacement.

Being a mum can be hard work which can leave you too tired to eat the right foods for good nutrition. The Healthy Mummy smoothie has been created to help mums benefit from a wide range of nutrients which can also help support your diet and exercise plan if you are trying to lose weight. The Healthy Mummy Smoothie has been designed by leading nutritionists and is the perfect companion to a busy mums life.

| Nutritional Information | | |
|-------------------------|---------------------|------------------|
| | Avg Qty per Serving | Avg Qty per 100g |
| Energy | 460kJ | 1520kJ |
| Protein | 10g | 33.7g |
| Fat - total | 1.3g | 4.4g |
| - saturated | 0.27g | 0.9g |
| Carbohydrate | 17g | 57g |
| - sugars | 3.78g | 12.5g |
| Fibre | 5.97g | 19.9g |
| Sodium | 178mg | 590mg |

Instructions: Place 30g (2 x heaped tablespoons) into a blender and add approx 200ml of skimmed Dairy, Soy, Rice, Oat or Almond milk with 1/2 cup of fruit of your choice. Ice is a great optional extra to make your smoothie extra cold.

Breastfeeding mums: Please note that this product has been specifically designed to give you optimal nutrition and to support milk supply. But please note that if your baby suffers from colic we recommend talking to your Doctor before changing your diet.

Store below 30c in a cool, dry place

| Vitamins & Minerals | | | |
|----------------------------------|-------------------|--------|--------------|
| | Qty per 30g serve | %RDI | Qty per 100g |
| Vitamin A | 187.5mcgRE | 25% | 618.75mcgRE |
| Ascorbic acid(VIT C) | 10mg | 25% | 33mg |
| Vitamin D (as cholecalciferol) | 2.5mcg | 25% | 8.25mcg |
| Vitamin E succinate | 2.5mg(3IU) | 25% | 990mg |
| Thiamine mononitrate(VIT B1) | 300mcg | 27% | 1485mcg |
| Riboflavin(VIT B2) | 450mcg | 26% | 1485mcg |
| Nicotinamide (VIT B3) | 2.5mg | 25% | 8.25mg |
| Pyridoxine hydrochloride(VIT B6) | 400mcg | 25% | 1320mcg |
| Folic acid | 50mcg | 25% | 165mcg |
| Cyanocobalamin(VIT B12) | 0.25mcg | 12.5% | 0.83mcg |
| Biotin | 5mcg | 17% | 16.5mcg |
| Pantothenic acid(VIT B5) | 800mcg | 16% | 2640mcg |
| Calcium | 200mg | 25% | 660mg |
| Phosphorus | 162.2mg | 16.22% | 535.26mg |
| Magnesium | 80mg | 25% | 264mg |
| Potassium | 500mg | - | 1650mg |
| Zinc | 3mg | 25% | 9.9mg |
| Iron | 3mg | 25% | 9.9mg |
| Selenium | 9mcg | 13% | 29.7mcg |
| Copper | 500mcg | 17% | 1650mcg |
| Chromium | 34mcg | 17% | 112.2mcg |
| Molybdenum | 39mcg | 15.6% | 128.7mcg |
| Iodine | 37.5mcg | 25% | 123.75mcg |
| Silica | 9.34mg | - | 30.82mg |

*when used in conjunction with a diet & exercise plan
 This product must not be used as a total diet replacement

PMS
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