

## **MIXED HERBS OMELETTE MEDIDIET®**

**PRODUCT NAME:** *HIGH PROTEIN AND LOW CALORIE PRODUCT  
LOW IN CARBOHYDRATES AND LIPIDS AND WITH  
LOW ENERGY VALUE (VALUE = SEE ATTACHED  
CALCULATION SHEET).  
MIXED HERBS FLAVOURED OMELETTE MIX*

**DESIGNATION:** **HP MIXED HERBS OMELETTE**

**INGREDIENTS:**

Dried egg white and dried egg yolk, milk proteins, salt, oligofructose, mixed herbs (chives, tarragon, chervil), spices, anti-caking agent : magnesium carbonate, vitamins (C, B3, E, B5, B6, B2, B1, A, folic acid, B12, H).

**Labelling for allergens (per Directive 2003/89/CEE):**

Contains: milk, egg, soy.

All suppliers of the ingredients contained in this mix have provided certified guarantees that they are in compliance with current applicable regulations (EC) No. 1829/2003 and (EC) No. 1830/2003 and are not subject to additional labelling requirements for genetically modified ingredients.

**INSTRUCTIONS FOR USE:**

Add 120 ml of water to 25 grams omelette mix and cook gently in a non-stick frying pan (omelette could be prepared traditionally or like scrambled eggs).

**STORAGE REQUIREMENTS:**

Store in a dry location at room temperature.

**SHELF LIFE:**

2 years sealed in the original package and under normal storage conditions.

**COUNTRY OF ORIGIN:**

France

**NOTE:** The information given in this notice is provided in good faith to assist our customers. Because our products are used in many different ways and under a wide variety of conditions, we ask our customers to make sure that they use our products for their intended purposes and to understand that they are responsible for such use. The analytical values provided here are based on information currently available to us. Our original documents are to be considered the reference documents

**ALLERGEN LABELLING**

The information given below represents the current state of our knowledge and the information provided by our suppliers.

**Designation : HP MIXED HERBS OMELETTE - 25g**

Major allergens	Present	Absent (*)	Primary ingredient affected
Cereals containing gluten and cereal-based products containing gluten.		X**	
Crustaceans and crustacean-based products		X	
Eggs and egg-based products	X		Dried egg white and dried egg yolk
Fish and fish-based products		X	
Peanuts and peanut-based products		X	
Soy and soy-based products	X		Milk proteins (lecithin)
Milk and dairy products (including lactose)	X		Milk proteins
Shelled nuts and derived products		X	
Sesame seeds and sesame seed-based products		X	
Sulfites at a concentration of at least 10 mg/kg		X	
Celery and celery-based products		X	
Mustard and mustard-based products		X	

(\*) The term **Absent** means “not added directly or through any other element added into the formula or the process: ingredients, additives, or compositional elements...”. We cannot guarantee the complete absence of cross-contaminants.

\*\* : Glucose syrup and dextrose from wheat are mentioned in the list of food ingredients and food substances which are temporary not subject to the labelling requirements for food allergens as mentioned in the EC 2005/26/CE.

MEDIDIET® is required to inform its customers regarding any new regulatory stipulations that may require a change in the status of the above product and/or its labelling. Valid for all appropriate legal purposes.

<b>HIGH PROTEIN AND LOW CALORIE PRODUCT, LOW IN CARBOHYDRATES AND LIPIDS, WITH AN ENERGY VALUE OF 91 KCAL PER 25-G SERVING</b>				
<b>HP MIXED HERBS OMELETTE</b>			<b>25g</b>	
<i>Protein Index</i>		<b>&gt;100</b>		
<i>Protein energy/Total energy</i>		<b>80%</b>		
		<b>For (in g)</b>	<b>For (in g)</b>	
		<b>100</b>	<b>25,0</b>	
<b>ENERGY</b>				
	Kj	<b>1542</b>	<b>385</b>	
	Kcal	<b>364</b>	<b>91</b>	
<b>AVERAGE CALCULATED ANALYTICAL VALUE</b>				
	Proteins	(g) <b>72,4</b>	<b>18,1</b>	
	Simple carbohydrates	(g) <b>0,4</b>	<b>0,1</b>	
	Complex carbohydrates (by difference)	(g) <b>6,0</b>	<b>1,5</b>	
	Fibers (soluble and insoluble)	(g) <b>2,4</b>	<b>0,6</b>	
	Lipids	(g) <b>4,9</b>	<b>1,2</b>	
	Minerals	(g) <b>7,7</b>	<b>1,9</b>	
	Moisture	(g) <b>6,2</b>	<b>1,5</b>	
	<b>TOTAL</b>	(g) <b>100</b>	<b>25</b>	
<b>MINERALS</b>				
	Sodium	(mg) <b>2012</b>	<b>503</b>	
	Potassium	(mg) <b>623</b>	<b>156</b>	
	Calcium	(mg) <b>503</b>	<b>126</b>	16%
	Phosphorus	(mg) <b>400</b>	<b>100</b>	12%
	Magnesium	(mg) <b>175</b>	<b>44</b>	15%
<b>SUPPLEMENTED VITAMINS</b>				
	VITAMIN A	$\mu$ g <b>384</b>	<b>96</b>	13%
	VITAMIN C	mg <b>28,8</b>	<b>7,2</b>	13%
	VITAMIN E	mg <b>4,8</b>	<b>1,2</b>	13%
	VITAMIN B1	mg <b>0,67</b>	<b>0,17</b>	13%
	VITAMIN B2	mg <b>0,77</b>	<b>0,19</b>	13%
	VITAMIN B3/PP	mg <b>8,6</b>	<b>2,2</b>	13%
	VITAMIN B5/PANTOTHENATE	mg <b>2,88</b>	<b>0,72</b>	13%
	VITAMIN B6	mg <b>0,96</b>	<b>0,24</b>	13%
	VITAMIN B12	$\mu$ g <b>0,48</b>	<b>0,12</b>	13%
	VITAMIN H/BIOTIN	mg <b>0,07</b>	<b>0,02</b>	13%
	FOLIC ACID	$\mu$ g <b>192</b>	<b>48</b>	13%

*Reference Daily Intake for 25 grams*

*For 100 kcal*