

CINNAMON APPLE CEREAL MEDI DIET®

PRODUCT NAME: HIGH PROTEIN AND LOW CALORIE PRODUCT
LOW IN CARBOHYDRATES AND LIPIDS AND WITH
LOW ENERGY VALUE (VALUE = SEE ATTACHED
CALCULATION SHEET).
CINNAMON APPLE FLAVOURED CEREAL MIX

DESIGNATION: HP CINNAMON APPLE CEREAL

INGREDIENTS:

Milk proteins, oat flakes, soy proteins*, flavours, salt, anti-caking agents : magnesium carbonate and silicium dioxide, thickener : xanthane gum, sweetener : aspartame, cinnamon, methionin, colouring : ordinary caramel, vitamins (C, B3, E, B5, B6, B2, B1, A, folic acid, B12, H).

*From traditional crops (Identity Preserved), not subject to additional labelling requirements with respect to the presence of GMO (genetically modified organisms).

Sweetened with aspartame (including phenylalanine source)

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

Contains: oat, milk, 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 100 ml of cold water to 25 grams of powder and stir until completely mixed.
Add more or less water as desired.

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 CINNAMON APPLE CEREAL - 25g

Major allergens	Present	Absent (*)	Primary ingredient affected
Cereals containing gluten and cereal-based products containing gluten.	X** OAT		Oat flakes
Crustaceans and crustacean-based products		X	
Eggs and egg-based products		X	
Fish and fish-based products		X	
Peanuts and peanut-based products		X	
Soy and soy-based products	X		Soy proteins, milk proteins (lecithin)
Milk and dairy products (including lactose)	X		Milk proteins, flavours
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.

HIGH PROTEIN AND LOW CALORIE PRODUCT, LOW IN CARBOHYDRATES AND LIPIDS, WITH AN ENERGY VALUE OF 93 KCAL PER 25-G SERVING					
HP CINNAMON APPLE CEREAL			25g		
<i>Protein Index</i>		>100			
<i>Protein energy/Total energy</i>		65%			
		For (in g)	For (in g)		
		100	25,0		
ENERGY					
	Kj	1569	392		
	Kcal	370	93		
AVERAGE CALCULATED ANALYTICAL VALUE					
	Proteins	(g) 59,8	15,0		
	Simple carbohydrates	(g) 0,2	0,1		
	Complex carbohydrates (by difference)	(g) 22,7	5,7		
	Fibers (soluble and insoluble)	(g) 3,8	1,0		
	Lipids	(g) 3,5	0,9		
	Minerals	(g) 3,7	0,9		
	Moisture	(g) 6,3	1,6		
	TOTAL	(g) 100	25		
MINERALS					
	Sodium	(mg) 519	130	<i>Reference Daily Intake for 25 grams</i>	
	Potassium	(mg) 421	105		
	Calcium	(mg) 559	140	17%	
	Phosphorus	(mg) 593	148	19%	
	Magnesium	(mg) 140	35	12%	
SUPPLEMENTED VITAMINS					
	VITAMIN A	µg 384	96	<i>For 100 kcal</i> 13%	
	VITAMIN C	mg 28,8	7,2	13%	
	VITAMIN E	mg 4,8	1,2	13%	
	VITAMIN B1	mg 0,67	0,17	13%	
	VITAMIN B2	mg 0,77	0,19	13%	
	VITAMIN B3/PP	mg 8,6	2,2	13%	
	VITAMIN B5/PANTOTHENATE	mg 2,88	0,72	13%	
	VITAMIN B6	mg 0,96	0,24	13%	
	VITAMIN B12	µg 0,48	0,12	13%	
	VITAMIN H/BIOTIN	mg 0,07	0,02	13%	
	FOLIC ACID	µg 192	48	13%	