



## Data Sheet April 2024

### Storage

Store in a cool, dry place.  
For pouches, once opened, use within 8 weeks.

For soups and shakes, once reconstituted, Altralife can be stored in a refrigerator for up to 24 hours.  
Discard unused contents thereafter.

### Shelf life

**Soups and Shakes:** 24 months from date of manufacture.  
**Bars:** 9 months from date of manufacture.

### Allergen information

**Soups and shakes:**  
Contains Milk (protein and lactose) and Soya. Gluten free.  
No artificial colours or preservatives. Contains sugar and sweeteners (sucralose and stevia).

### Bars:

Contains Milk (protein and lactose) and Soya. Gluten free.  
May contain egg.

### Important information

Altralife Bars contain polyols, excessive consumption may cause laxative effects. Contains sugar and sweeteners (maltitol and sucralose). Do not exceed 2 x servings per day.

For oral use only. Suitable for healthy overweight or obese adults who intend to achieve weight reduction.  
Not suitable for pregnant or lactating women, adolescents or children. Must be used under medical supervision if using as a total diet replacement for longer than 8 weeks, or repeatedly for shorter periods. A good fluid intake is recommended when taking this product. Ask your healthcare professional for more advice.

Suitable for vegetarians.

### Country of origin

**Soups and Shakes:** Ireland  
**Bars:** Sweden

Nutritional Information:		Shakes (All flavours)		Soups (Both Flavours)		Altralife Bar (Salted Caramel)	
AVERAGE CONTENT	UNITS	PER 100g Powder	PER 52g Serving prepared with 200ml water	PER 100g Powder	PER 52g Serving prepared with 200ml water	PER 100g	PER 60g bar
Energy	KJ	1823	948	1714	891	1397	838
	Kcal	432	225	407	211	334	200
Fat	g	12	6.4	10	5.4	11	6.7
of which saturates	g	4.7	2.5	3.9	2.0	5.0	3.0
- monounsaturates	g	4.1	2.1	3.5	1.8		
- polyunsaturates	g	2.8	1.5	2.4	1.3		
Carbohydrate	g	41	21	36	19	33	20
of which sugars	g	24	12	24	12	9.5	5.7
Fibre	g	7.2	3.7	7.2	3.7	7.9	4.8
Protein	g	40	21	42	22	29	17
Salt	g	0.68	0.35	3.6	1.9	0.94	0.57
<b>VITAMINS</b>							
Vitamin A	µg-RE	476	248	476	248	400	240
Vitamin D	µg	5.0	2.6	5.0	2.6	2.5	1.5
Vitamin E	mg α-TE	12	6.0	12	6.0	6.0	3.6
Vitamin K	µg	52	27	54	28	37.5	22.5
Vitamin C	mg	60	31	60	31	40	24
Thiamin (B1)	mg	0.99	0.51	1.0	0.55	0.55	0.33
Riboflavin (B2)	mg	1.0	0.54	1.0	0.52	0.70	0.42
Niacin	mg NE	20	11	21	11	8.0	4.8
Vitamin B6	µg	1.1	0.55	1.1	0.56	0.7	0.42
Folic Acid	µg	278	144	236	123	100	60
Vitamin B12	µg	4.1	2.1	2.8	1.4	1.25	0.75
Biotin	µg	23	12	40	21	25	15
Pantothenic Acid	mg	5.2	2.7	5.2	2.7	3.0	1.8
<b>MINERALS</b>							
Sodium	mmol	14	7.3	62	32	8.8	5.3
	mg	320	166	1425	741	380	230
Potassium	mmol	38.4	20.0	38.4	20.0	33.0	19.8
	mg	1500	780	1500	780	1292	775
Chloride	mmol	32.5	16.9	71.1	37.0	0	0
	mg	1152	599	2521	1311	0	0
Calcium	mmol	16.8	8.8	14.2	7.4	10.0	6.0
	mg	675	351	568	295	400	240
Phosphorus	mmol	15.6	8.1	16.6	8.6	11.3	6.8
	mg	483	251	513	267	350	210
Magnesium	mmol	8.23	4.28	8.23	4.28	7.7	4.6
	mg	200	104	200	104	187.5	112.5
Iron	mg	10	5.2	9.7	5.0	7.0	4.2
Zinc	mg	10	5.2	9.9	5.1	5.0	3.0
Copper	µg	1000	520	970	504	500	300
Manganese	µg	1.0	0.52	0.97	0.50	1.0	0.60
Fluoride	µg	0.50	0.26	0.40	0.21	0	0
Selenium	µg	55	28	56	29	27.5	16.5
Chromium	µg	101	53	102	53	0	0
Molybdenum	µg	65	34	63	33	0	0
Iodine	µg	209	109	191	99	75	45
Linoleic Acid	g	2.56	1.33	2.32	1.21	1.9	1.15
Choline	g	-	-	-	-	167	100

### Shake Ingredients

#### Banana / Mango Shake Ingredients:

Whey Protein Concentrate (**Milk**) (29.5%), Fat Filled **Milk** Powder (20.3%) (Skimmed **Milk** Powder, Palm Oil, Sugar and **Soya** Lecithin), Skimmed **Milk** Powder (27%), Inulin Powder, Maltodextrin, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Xanthan Gum, Natural Colour (Beta Carotene), Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

#### Chocolate Shake Ingredients:

Whey Protein Concentrate (**Milk**) (29.5%), Fat Filled **Milk** Powder (20.3%) (Skimmed **Milk** Powder, Palm Oil, Sugar and **Soya** Lecithin), Skimmed **Milk** Powder (27%), Inulin Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Cocoa Powder (3.5%), Maltodextrin, Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

#### Strawberry Shake Ingredients:

Whey Protein Concentrate (**Milk**) (29.5%), Fat Filled **Milk** Powder (20.3%) (Skimmed **Milk** Powder, Palm Oil, Sugar and **Soya** Lecithin), Skimmed **Milk** Powder (27%), Inulin Powder, Maltodextrin, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Natural Colour (Beetroot Powder), Flavourings, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

#### Vanilla Shake Ingredients:

Whey Protein Concentrate (**Milk**) (29.5%), Fat Filled **Milk** Powder (20.3%) (Skimmed **Milk** Powder, Palm Oil, Sugar and **Soya** Lecithin), Skimmed **Milk** Powder (27%), Inulin Powder, Maltodextrin, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

#### Latte Shake Ingredients:

Whey Protein Concentrate (**Milk**) (29.5%), Fat Filled **Milk** Powder (20.3%) (Skimmed **Milk** Powder, Palm Oil, Sugar and **Soya** Lecithin), Skimmed **Milk** Powder (27%), Inulin Powder, Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Maltodextrin, Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Sodium Chloride, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Flavourings, Colour: Plain Caramel, Cocoa Powder, Xanthan Gum, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), Sucralose and Stevia.

### Soup Ingredients

#### Chicken Soup Ingredients:

Skimmed **Milk** Powder (26%), Fat Filled **Milk** Powder (20%) (Skimmed **Milk** Powder, Palm Oil, Sugar, **Soya** Lecithin), Whey Protein Concentrate (**Milk**) (16%), **Soy** Protein Isolate (14.5%), Inulin Powder, Chicken Stock Powder (Dextrose, Salt, Yeast Extracts, Natural Flavouring, Sugar, Sunflower Oil, Spices), Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Calcium Carbonate, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Xanthan Gum, Chives, Maltodextrin, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), and Ground Black Pepper.

#### Vegetable Soup Ingredients:

Skimmed **Milk** Powder (26%), Fat Filled **Milk** Powder (20%) (Skimmed **Milk** Powder, Palm Oil, Sugar, **Soya** Lecithin), Whey Protein Concentrate (**Milk**) (16%), **Soy** Protein Isolate (14.5%), Inulin Powder, Vegetable Bouillon Powder (Dextrose, Salt, Dried Vegetables (Onion, Leek, Carrot), Yeast Extracts, Sunflower Oil, Spices, Flavouring, Herb), Sunflower Oil Powder (Refined Sunflower Oil, Acacia Fibres, Sunflower Lecithin, Ascorbyl-Palmitate, DL-alpha-tocopherol), Mineral Blend (Potassium Chloride, Maltodextrin, Magnesium Oxide, Calcium Carbonate, Ferric Pyrophosphate, Zinc Oxide, Copper Gluconate, Chromium Chloride, Manganese Sulphate, Sodium Fluoride, Potassium Iodide and Sodium Selenite), Maltodextrin, Xanthan Gum, Chives, Vitamin Blend (Ascorbic Acid, Maltodextrin, DL-α-Tocopherol Acetate (Vitamin E), Nicotinamide (Vitamin B3), Retinyl Acetate (Vitamin A), Pantothenic Acid (Vitamin B5), Cholecalciferol (Vitamin D), Phytomenadione (Vitamin K), Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2) and D-Biotin), and Ground Black Pepper.

### Bar Ingredients

#### Salted Caramel Altralife Bar

**Milk** protein, **milk** chocolate (sweetener (maltitol), cocoa butter, whole **milk** powder, cocoa mass, cocoa powder, emulsifier (sunflower lecithin), flavour), glucose syrup, sweetener (maltitol), oligofructose hydrolysed collagen humectant (glycerol), vitamin and minerals (di-phosphate, calcium carbonate, sodium chloride, maltodextrin, magnesium oxide, tri-calcium phosphate, ascorbic acid (vitamin C), ferric pyrophosphate micronized, DL-alpha-tocopherol (vitamin E), zinc sulphate, potassium iodide, nicotinamide, sodium selenite, retinyl (vitamin A) acetate, calcium-D-pantothenate, manganese sulphate, D-biotin, cyanocobalamin (vitamin B12), copper sulphate, cholecalciferol (vitamin D3), folic acid, pyridoxine (vitamin B6) hydrochloride, riboflavin (vitamin B2), thiamine (vitamin B1) mononitrate, vitamin K1), sunflower oil, protein crisp (rice flour, whey protein isolate (**milk**), emulsifier (sunflower lecithin)), water, cocoa butter, potassium chloride, flavour, emulsifier (**soy** lecithin), cocoa powder, choline (choline DL-bitartrate, 1% silicon dioxide), sweetener (sucralose).