

Sugar-free SUPPLEX custard powder 60g

5 natural flavours: vanilla, coffee, cocoa, lemon, apricot



Dessert mix with no added sugar

Gluten-free

Two 30 g sachets per box
1 sachet for ½ litre of milk = 4 to 5 portions

No added sugar: These dessert mixes are suitable for diabetics and those who want to control their intake of sugar. Naturally, you can add some sweetener when preparing the mix according to your eating habits.

Supplex tarts are natural sources of calcium and phosphorous, helping to cover your daily requirements for these minerals

Calcium: plays a role in the biological operation of the cells as well as the organs (particularly bones). Necessary for healthy bones.

Phosphorous: is essential for the growth of the skeleton and teeth. Its role is fairly similar and complements the action of calcium.

Proteins: are responsible for construction, growth, renovation and above all are elements that govern all the defences of the immune system

These desserts are also suitable for people suffering from celiac disease as they do not contain any gluten

Ingredients: skimmed milk, inulin, natural extract, carrageenan (gelling agent), rice starch, extract of micronized seaweed, food yeast, lactic yeast, [F.A.L.® seaweed](#).

may contain traces of peanut

Inulin is a natural carbohydrate providing a sweet flavour but which is not digested by the digestive system; it therefore has a reduced calorific value (1.5 kcal/g). Inulin has the same properties as fibre: its ingestion does not increase the blood sugar levels and does not stimulate the secretion of insulin

Nutritional advice:

As they are prepared using milk, they can be the dairy product of your meal, which you can accompany with slices of fruit.

Remember that every balanced, complete meal must contain a dairy product.

NUTRITIONAL INFORMATION AND RDA %*

	Intake for 100g of dry product				
	Cocoa	Coffee	Vanilla	Lemon	Apricot
Energy	308 kcal 1307 kJ	338.9 kcal 1440 kJ	349.1 kcal 1483 kJ	355.4 kcal 1510 kJ	346 kcal 1471 kJ
Proteins	10.39 g	10.39 g	29.36 g	28 g	28.6 g
Fats	3.8 g	0.2 g	0.29 g	0.16 g	0.07 g
Of which saturated	<i>2.41 g</i>	<i>0.2 g</i>	<i>0.21 g</i>	<i>0.13 g</i>	<i>0.05 g</i>
Carbohydrates	40.48 g	55.69 g	57.3 g	60.6 g	57.8 g
Of which monosaccharide	<i>29.35 g</i>	<i>40.91 g</i>	<i>43.2 g</i>	<i>43.3 g</i>	<i>43.4 g</i>
Calcium	1299 mg 162% RDA	1347 mg 168% RDA	1402 mg 175% RDA	1506 mg 188% RDA	1656 mg 207% RDA
Phosphorous	989 mg 123% RDA	973 mg 122% RDA	987 mg 123% RDA	1023 mg 128% RDA	1065 mg 133% RDA

Monosaccharides = glucose, fructose, lactose, maltose and saccharose

	Intake for 110g of tart made using semi-skimmed milk (1 portion)				
	Cocoa	Coffee	Vanilla	Lemon	Apricot
Energy	48 kcal 200 kJ	49 kcal 208 kJ	50 kcal 210 kJ	50 kcal 212 kJ	50 kcal 209 kJ
Proteins	4.70 g	4.73 g	4.78 g	4.70 g	4.73 g
Fats	0.41 g	0.2 g	0.21 g	0.2 g	0.19 g
Of which saturated	<i>0.33 g</i>	<i>0.20 g</i>	<i>0.21 g</i>	<i>0.20 g</i>	<i>0.19 g</i>
Carbohydrates	6.54 g	7.39 g	7.49 g	7.67 g	7.52 g
Of which monosaccharide	<i>5.91 g</i>	<i>6.56 g</i>	<i>6.69 g</i>	<i>6.70 g</i>	<i>6.73 g</i>
Calcium	179.19 mg 22% RDA	181.91 mg 23% RDA	185.02 mg 23% RDA	190.91 mg 24% RDA	199.40 mg 25% RDA
Phosphorous	105.04 mg 13% RDA	138.09 mg 17% RDA	138.89 mg 17% RDA	140.92 mg 18% RDA	143.3 mg 18% RDA

* Recommended daily allowance

F.A.L. ® seaweed:

- A judicious blend of Fucus, Ascophyllum, and Laminaria seaweed, naturally rich in micro-nutrients (magnesium, iron, phosphorous, calcium, etc.), substances essential in minute quantities to growth and the proper functioning of the body.
- Invigorating, low calorie and very nourishing, they help to rebalance modern food, often deficient in trace elements, vitamins and mineral salts.

An approved laboratory controls the seaweed selected and used by Supplex.







