

Sugar-free Supplex Cao 300g

Chocolate breakfast with no added sugar

Rich in fibre 13.87%

Natural source of vitamins B1, PP, B9

Naturally rich in vitamins B2, B5, B12, calcium, phosphorous, iron, magnesium, zinc, iodine

A delicious chocolate flavoured drink made from a tasty blend of low fat cocoa, milk and cereals, and not forgetting the precious [F.A.L.® seaweed](#). Naturally rich in essential nutrients and with no synthetic sweetener, this skilful combination of ingredients makes sugar-free Supplex Cao a perfect drink to start the day.

No added sugar: This breakfast is 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.

The role of fibre is to reduce the absorption of cholesterol in the blood, reduce the rise in the blood sugar level after a meal and regulate the digestion.

Vitamins B1, B2, PP, B5: enhance the metabolism of the carbohydrates and help to convert food into energy. **Vitamin PP** is essential in the synthesis of fats, and the metabolism of proteins.

Vitamins B9 and B12: are involved in the production of red blood cells, anti-anaemia factor; in the growth and metabolism of proteins. Help the nervous system to function correctly.

Iron: is necessary for transporting oxygen by the red blood cells and in the formation of haemoglobin.

Magnesium: contributes to neuromuscular operation and the conduction of nerve impulses.

Zinc: plays an essential role in immunity, in the synthesis of proteins, carbohydrates and fats, in the metabolism of vitamin A and in sight.

Ingredients: low fat cocoa, skimmed milk, cereals (rice, wheat, barley, oats, malt), wheat germ, food yeast, lactic yeast, F.A.L.® seaweed

may contain traces of peanut

Nutritional advice:

For a complete, balanced breakfast you can accompany your Supplex Cao with a cereal and fruits or a glass of fruit juice (homemade or 100% pure juice).

For example:

- one bowl of sugar-free Supplex Cao
- 1 to 2 slices of buttered bread
- one pressed orange

Advice for preparing a creamy breakfast: Supplex Cao is a non-solubilized instant powder for a traditional hot chocolate drink.

First pour 2 tablespoons of Supplex into your bowl, add a little hot milk, mix thoroughly, then pour in the rest of the liquid while constantly stirring.

NUTRITIONAL INFORMATION AND RDA %*

	Intake for 100 g of sugar-free Supplex	Intake for one bowl (200 ml skimmed milk + 20g sugar-free Supplex Cao)
Energy	336 kcal 1404 kJ	99 kcal 415 kJ
Proteins	27.54 g	8.81 g
Fats	6.72 g	1.54 g
saturated fatty acids	3.74 g	0.95 g
unsaturated fatty acids	2.98 g	0.60 g
Carbohydrates	41.44 g	12.79 g
of which monosaccharides	18.8 g **	8.26 g
Fibre	13.87 g	2.77 g
Vitamin B1	0.397 mg 28.6% RDA	0.13 mg 9.24% RDA
Vitamin B2	0.532 mg 33.25% RDA	0.27 mg 16.88% RDA
Vitamin PP	3 mg 16.16% RDA	0.60 mg 3.33% RDA
Vitamin B5	3.2 mg 53.33% RDA	0.64 mg 10.67% RDA
Vitamin B9	32.3 µg 16.2% RDA	6.46 µg 3.23% RDA
Vitamin B12	1.2 µg 120% RDA	0.24 µg 24% RDA
Calcium	376 mg 47% RDA	187.20 mg 23.40% RDA
Phosphorous	602 mg 75.25% RDA	208.40 mg 26.05% RDA
Iron	16 mg 114.28% RDA	3.25 mg 23.21% RDA
Magnesium	296 mg 98.66% RDA	69.70 mg 23.23% RDA
Iodine	100 µg 66.66% RDA	20 µg 13.33% RDA
Zinc	5.73 mg 38.20% RDA	1.15 mg 7.64% RDA
Sodium	0.148 g	0.07 g

* Recommended daily allowance

**18.8 g of monosaccharides = 17.5 g lactose + 1.3 g saccharose

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.

