

Supplex Cao 400g or 800g

Healthfood breakfast for strength

Rich in fibre 7.71%

Naturally rich in vitamin B12, calcium, phosphorous, iron and magnesium

Natural source of vitamins E, B1, B2 and zinc

The Supplex Cao breakfast enriched in [F.A.L.® seaweed](#) is a mix for a hot drink rich in natural essential nutrients.

Supplex Cao is suitable for everyone, young and old, and perfect for growing children, active people, sports people, and also for overwork, fatigue or during examination periods.

Fibre is of nutritional interest as it reduces the blood sugar level after meals, regulates digestion, increases the feeling of fullness and helps to reduce the absorption of bad cholesterol.

Vitamin B12: Essential in the formation of red blood cells, helps the nervous system to function correctly.

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.

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.

Vitamin B1: Enhances the metabolism of carbohydrates, production of energy and the conduction of nerve impulses. Helps digestion.

Vitamin B2: Involved in the metabolism of fats, proteins and carbohydrates. Protects sight and helps to form the red blood cells and to fix iron.

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: unrefined red cane sugar, skimmed milk, low fat cocoa, 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 supplement and a fruit or glass of fruit juice (homemade or 100% pure juice).

For example:

- one bowl of Supplex Cao
- 2 to 3 slices of buttered bread
- and a glass of pure orange juice

gives you a great start to the day

The speciality of Supplex breakfasts: They already contain skimmed milk and can be prepared with either milk or hot water. They allow you to reduce the milky taste and are easier to use: practical and rapid at the office or when travelling

NUTRITIONAL INFORMATION AND RDA %*

	Intake for 100 g of Supplex Cao	Intake for one bowl (200 ml semi-skimmed milk + 50 g Supplex Cao)
Energy	361.7 kcal 1534 kJ	268.6 kcal 1134 kJ
Proteins	15.31 g	14.05 g
Carbohydrates of which monosaccharides	69.14 g 62.3 g	43.57 g 40.15 g
Fats of which <i>saturated fatty acids</i> <i>unsaturated fatty acids</i>	3.66 g 2.14 g 1.52 g	5.03 g 2.97 g 2.06 g
Fibre	7.71 g	3.85 g
Vitamins		
Vitamin B1	0.40 mg (28% RDA)	0.31 mg (22% RDA)
Vitamin B2	0.46 mg (28% RDA)	0.55 mg (34% RDA)
Vitamin B12	1.79 µg (179% RDA)	0.89 µg (89% RDA)
Minerals		
Calcium	364 mg (45% RDA)	410 mg (51% RDA)
Phosphorous	423 mg (52% RDA)	380 mg (47% RDA)
Iron	7.91 mg (56% RDA)	4.05 mg (29% RDA)
Magnesium	205 mg (68% RDA)	122 mg (41% RDA)
zinc	3.9 mg (26% RDA)	1.95 mg (13% RDA)
Sodium	0.197 g	0.190 g

* Recommended daily allowance

monosaccharides: glucose, fructose, lactose, maltose and saccharose

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

First pour 3 tablespoons of Supplex into your bowl, add a little hot milk or hot water, mix thoroughly, then pour in the rest of the liquid while constantly stirring.

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.



