

Supplex Coffee 400g

Healthfood breakfast for strength

Naturally rich in vitamins B1, B12, calcium, iron and magnesium
Natural source of vitamin B2, B5 and Phosphorous

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

Supplex coffee helps to balance your diet, is suitable for everyone and ideal for muscular exertion or intellectual effort.

Vitamin B1: Improves the functions of the heart and nervous tissue. Enhances the metabolism of carbohydrates and production of energy.

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.

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 B2: Co-enzyme in protein metabolism, helping to form red blood cells and convert food into energy.

Vitamin B5: is involved in the production of energy by the body. Stimulates the body's natural defences.

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

Ingredients: unrefined red cane sugar, skimmed milk, cereals (wheat flour, rice, barley, oats, malt), malto-dextrin, natural coffee extract, rice starch, wheat germ, food yeast, lactic yeast, extracts of micronized seaweed, F.A.L.® seaweed.

may contain traces of peanut

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 advice:

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

For example:

- one bowl of Supplex coffee
- 2 to 3 slices of buttered bread
- 1 kiwi

NUTRITIONAL INFORMATION AND RDA %*

	Intake for 100 g of Supplex coffee	Intake for one bowl (200 ml semi-skimmed milk + 50 g of Supplex coffee)
Energy	371 kcal 1577 kJ	273.30 kcal 1155.50 kJ
Proteins	7.59 g	10.19 g
Carbohydrates <i>of which monosaccharides</i>	83.90 g 37.99 g	50.95 g 27.69 g
Fats <i>of which saturated fatty acids unsaturated fatty acids</i>	0.59 g 0.176 g 0.413 g	3.49 g 1.98 g 1.50 g
Fibre	2.48 g	1.24 g
Vitamins		
Vitamin B1	0.680 mg (48% RDA)	0.45 mg (32% RDA)
Vitamin B2	0.341 mg (21% RDA)	0.49 mg (30% RDA)
Vitamin B5	1.10 mg (18% RDA)	0.55 mg (9% RDA)
Vitamin B12	1.19 µg (119% RDA)	0.59 µg (59% RDA)
Minerals		
Calcium	478 mg (59% RDA)	467 mg (58% RDA)
Phosphorous	183 mg (22% RDA)	260 mg (32% RDA)
Iron	4.40 mg (31% RDA)	2.30 mg (16% RDA)
Magnesium	92.2 mg (30% RDA)	66 mg (22% RDA)
Sodium	0.124 g	0.154 g

* Recommended daily allowance

monosaccharides: glucose, fructose, lactose, maltose and saccharose

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

