

GOURMET TOMATO SOUP

Nutritional information:

	Per 100 g	Per Serving (32g) Servings per pack: 21
Energy	1378 kJ 326 kcal	438 kJ 104 kcal
Protein	22 g	7.0 g
Carbohydrate	47 g	15 g
of which: sugars	30 g	9.6 g
Fat	2.0 g	0.6 g
of which: saturated fat	0.9 g	0.3 g
Fibre	11.2 g	3.6 g
Sodium	1.6 g	0.5 g
Inulin	4.7 g	1.5 g
Lycopene	18.75 mg	6.0 mg

Ingredients:

Tomato powder (31.5 %, of which lycopene 0.06 %), whey powder, maltodextrin, whey protein concentrate, yoghurt powder, inulin (5.2%), modified starch, pea protein, vegetable protein hydrolysate, dried egg white powder, dried oregano (0.5 %), basil flavouring (0.4%), flavourings, salt, thickener guar gum, emulsifier soylecithins, beetroot juice powder, acidity regulator (dipotassium phosphate), vegetable oil. Contains egg, soya and milk. May contain traces of gluten and celery.



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Weight Management

Gourmet Tomato Soup is a hot, savoury and nutritious healthy snack that's easy to make. It combines the latest in nutritional science with prebiotic inulin fibre and naturally occurring tomato lycopene. Popular flavours basil and oregano offer you a taste of the Mediterranean.

KEY BENEFITS

- Scientifically advanced; contains prebiotic fibre inulin to support digestive health, and naturally occurring antioxidant lycopene from tomatoes
- Eight times the protein of regular tomato soup*
- High in protein and fibre to help you feel fuller for longer and provide satiety
- Only 104 calories to help you manage your caloric intake

- Ideal as part of your 5 small meal plan
- Suitable for vegetarians

WHY DO YOU NEED IT?

Soup is an ideal savoury snack for any weight management or healthy nutrition programme. It is a high volume, low energy food that provides the feeling of satiety and fullness without the extra calories, often found in larger meals or less healthy, convenient snacks.

USAGE

Gourmet Tomato Soup can be enjoyed at anytime throughout the day as a healthy and nutritious snack.

Mix 2½ tablespoons (32 g) with 200 ml of hot or cold water. When using the Herbalife spoon, use 2 large and 2 small levelled scoops.

Use as part of a balanced and varied diet in line with a healthy lifestyle.

* The Composition of Foods; Food Standards Agency and the Institute of Food Research in the UK, 2006.

ALSO TRY:

For a sweet, healthy snack try Herbalife Protein Bars; a delicious healthy snack to help you feel fuller for longer and ideal when you're on the go.



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