

The background of the entire image is a photograph of a wheat field. In the foreground, several wheat stalks are in focus, showing their green and yellowish heads. The background is a soft-focus field of similar wheat under a bright blue sky with wispy white clouds. A semi-transparent white rectangular box covers the middle portion of the image, serving as a backdrop for the text.

aspire

igniting purpose

PRODUCTCATALOGUE



At Aspire, we exist to empower individuals to pursue purpose and personal fulfilment through wellness entrepreneurship. Founded by Kalene Smalberger — a Chartered Accountant who transitioned from career to calling — Aspire is a catalyst for change, where personal growth meets global impact. We equip wellness entrepreneurs to lead with heart, rise with purpose, and leave a legacy of health and hope. Together with a community of like-minded visionaries, we are driving a movement to shift the narrative of nutrition and elevate lives around the world.

Uplifting impoverished nations lies close to Aspire's heart, and this initiative represents one of our collaborative nutrition solutions under the Aspire banner.

MALNUTRITION AROUND THE WORLD



ONE in **THREE** people around the world
are affected by malnutrition

EFFECTS OF POOR NUTRITION ON CHILDREN

50%

Suffer from **deficiencies**
in essential vitamins and
nutrients such as vitamin
A and iron

40M

Child obesity is rising rapidly,
with over 40 million infants
and young children expected
to be **affected in the next**
decade.

50M

Children are **wasted, or**
too thin for their height

149M

Children are **stunted, or**
too short for their age



WHAT WE DO

A range of nutritional dried powdered food products
Fortified, protein enriched
and enhanced with multiple
nutrients.

Scientifically formulated by
leading food technologists and
nutritionists.

Incorporates only the very best,
quality-tested ingredients.
Stringently tested for quality,
taste and texture.

EASY TO PREPARE
JUST ADD WATER



WHAT MAKES US DIFFERENT



Affordable & Cost
Effective, Nutrition.



Ready to serve and
easy to prepare.



Improves health and
well-being.



Only safe drinking
water required
for preparation of
products.



Tackles issues
related to
malnutrition,
inadequate nutrition,
insufficient food
intake, and poverty.



Enhanced nutrition
strengthens the
immune system,
elevates health, and
promotes well-being.

aspire

igniting purpose

OUR PRODUCTS



PORRIDGE RANGE



**ASPIRE PREMIUM INSTANT
HEALTH PORRIDGE**



**ASPIRE HIGH
PROTEIN PORRIDGE**



**ASPIRE VITABLEND
PORRIDGE**



ASPIRE PREMIUM INSTANT HEALTH PORRIDGE



INGREDIENTS

Exfoliated Maize, Precooked Soya Flour, Sucrose, Precooked Soya Flour, Skim Milk Powder, Creamer (Whey Powder, Vegetable Fat (Palm), Glucose Syrup, anti oxidant E317) Flavours, Vitamins (vitamin A Acetate, Vitamin B1 [Thiamine HCL], Vitamin B2 [Riboflavin], Nicotinamide, Vitamin B6 [Pyridoxine HCL], Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL Iodine, Molybdenum AAC, Selenium, Zinc Lactate), Minerals (Manganese Sulphate, Magnesium Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Cows Milk, Soya

Vanilla	Chocolate	Strawberry	Banana
100g	500g	1kg	25kg

TYPICAL NUTRITIONAL VALUES		Aspire Premium Health Porridge		
	Serving:	100g	80g	%NRV for individuals 4yrs and older (per serving)
Nutrient:	Unit:	Average		
Nutrient:	Unit:			
Energy	KJ	1680.0	1344.0	
Protein	g	14.0	11.2	20
Glycaemic Carbohydrate	g	57.0	45.6	
Of which Total Sugar	g	17.0	13.6	
Total Fat of which	g	7.0	5.6	
Saturated Fatty Acids	g	2.8	2.2	
Polyunsaturated Fatty Acids	g	2.1	1.7	
of which Omega-3 Fatty Acids	mg	1030.0	824.0	
of which Alpha-linolenic Acid (ALA)	mg	1030.0	824.0	
Omega-6 Fatty Acids	mg	890.0	712.0	
Monounsaturated Fatty Acids	g	1.0	0.8	
Trans Fatty Acids	g	0.0	0.0	
Cholesterol	mg	0.0	0.0	
Dietary Fibre*	g	6.0	4.8	
Total Sodium	mg	980.0	784.0	
VITAMINS				
Vitamin A (Retinol)	µg	900.0	720.0	80
Vitamin B Complex	~		0.0	
B1 (Thiamine)	mg	1.2	1.0	80
B2 (Riboflavin)	mg	1.3	1.0	80
B3 (Nicotinamide)	mg	16.0	12.8	80
B5 (Pantothenic Acid)	mg	5.0	4.0	80
B6 (Pyridoxine)	mg	1.7	1.4	80
B9 (Folic Acid)	µg	400.0	320.0	80
B12 (Cobalamin)	µg	2.4	1.9	80
Vitamin C (Ascorbic Acid)	mg	100.0	80.0	80
Vitamin D (Cholecalciferol)	µg	15.0	12.0	80
Vitamin E (Tocopherol)	mg	15.0	12.0	80
Vitamin H (Biotin)	µg	30.0	24.0	80

ASPIRE HIGH PROTEIN PORRIDGE



INGREDIENTS

Exfoliated Maize, Precooked Soya Flour, Sucrose, Precooked Soya Flour, Skim Milk Powder, Creamer (Whey Powder, Vegetable Fat (Palm), Glucose Syrup, anti oxidant E317) Flavours, Vitamins (vitamin A Acetate, Vitamin B1 [Thiamine HCL], Vitamin B2 [Riboflavin], Nicotinamide, Vitamin B6 [Pyridoxine HCL], Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL Iodine, Molybdenum AAC, Selenium, Zinc Lactate), Minerals (Manganese Sulphate, Magnesium Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Cows Milk, Soya

Vanilla	Chocolate	Strawberry	Banana
100g	500g	1kg	25kg

TYPICAL NUTRITIONAL VALUES		Aspire Premium Health Porridge		
	Serving:	100g	80g	%NRV per80g
Nutrient:	Unit:	Average		
Nutrient:	Unit:			
Energy	KJ	1430.0	1144.0	
Protein	g	10.2	8.16	18%
Glycaemic Carbohydrate	g	71.0	56.8	
Of which Total Sugar	g	9.0	7.2	
Total Fat of which	g	2.4	1.92	
Saturated Fatty Acids	g	0.4	0.32	
Polyunsaturated Fatty Acids	g	2.1	1.7	
Trans Fatty Acids	g	0.0	0.0	
Dietary Fibre*	g	2.7	2.16	
Total Sodium	mg	295.0	236.0	
VITAMINS				
Vitamin A (Retinol)	µg	900.0	720.0	80
B1 (Thiamine)	mg	1.2	1.0	80
B2 (Riboflavin)	mg	1.3	1.0	80
B3 (Nicotinamide)	mg	16.0	12.8	80
B5 (Pantothenic Acid)	mg	5.0	4.0	80
B6 (Pyridoxine)	mg	1.7	1.4	80
B9 (Folic Acid)	µg	400.0	320.0	80
B12 (Cobalamin)	µg	2.4	1.9	80
Vitamin C (Ascorbic Acid)	mg	100.0	80.0	80
Vitamin D (Cholecalciferol)	µg	15.0	12.0	80
Vitamin E (Tocopherol)	mg	15.0	12.0	80
Vitamin H (Biotin)	µg	30.0	24.0	80

ASPIRE VITABLEND PORRIDGE



INGREDIENTS

Exfoliated Maize, Precooked Soya Flour, Sucrose, Precooked Soya Flour, Skim Milk Powder, Creamer (Whey Powder, Vegetable Fat (Palm), Glucose Syrup, anti oxidant E317) Flavours, Vitamins (vitamin A Acetate, Vitamin B1 [Thiamine HCL], Vitamin B2 [Riboflavin], Nicotinamide, Vitamin B6 [Pyridoxine HCL], Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL Iodine, Molybdenum AAC, Selenium, Zinc Lactate), Minerals (Manganese Sulphate, Magnesium Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Cows Milk, Soya

Vanilla	Chocolate	Strawberry	Banana
100g	500g	1kg	25kg

TYPICAL NUTRITIONAL VALUES		Aspire VitaBlend Porridge		
	Serving:	100g	80g	%NRV per 80g
Nutrient:	Unit:	Average		
Nutrient:	Unit:			
Energy	KJ	1430	1144	
Protein	g	10.2	8.16	18%
Glycaemic Carbohydrate	g	64.0	51.2	
Of which Total Sugar	g	17.8	14.2	
Total Fat of which	g	2.3	1.84	
Saturated Fatty Acids	g	0.4	0.32	
Dietary Fibre*	g	2.4	1.92	
Total Sodium	mg	290	232	
VITAMINS				
Vitamin A (Retinol)	µg	900.0	720.0	80
B1 (Thiamine)	mg	1.2	1.0	80
B2 (Riboflavin)	mg	1.3	1.0	80
B3 (Nicotinamide)	mg	16.0	12.8	80
B5 (Pantothenic Acid)	mg	5.0	4.0	80
B6 (Pyridoxine)	mg	1.7	1.4	80
B9 (Folic Acid)	µg	400.0	320.0	80
B12 (Cobalamin)	µg	2.4	1.9	80
Vitamin C (Ascorbic Acid)	mg	100.0	80.0	80
Vitamin D (Cholecalciferol)	µg	15.0	12.0	80
Vitamin E (Tocopherol)	mg	15.0	12.0	80
Vitamin H (Biotin)	µg	30.0	24.0	80



ASPIRE SOUP POWDER



ASPIRE SOUP POWDER



INGREDIENTS

Exfoliated Maize, Precooked Soya Flour, Sucrose, Precooked Soya Flour, Skim Milk Powder, Creamer (Whey Powder, Vegetable Fat (Palm), Glucose Syrup, anti oxidant E317) Flavours, Vitamins (vitamin A Acetate, Vitamin B1 [Thiamine HCL], Vitamin B2 [Riboflavin], Nicotinamide, Vitamin B6 [Pyridoxine HCL], Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL Iodine, Molybdenum AAC, Selenium, Zinc Lactate), Minerals (Manganese Sulphate, Magnesium Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Wheat Gluten. Cow's Milk

Thick Vegetable

Brown Onion

100g

500g

1kg

25kg

TYPICAL NUTRITIONAL VALUES		Aspire Soup Powder			
	Serving:	100g	25g	%NRV for individuals 4yrs and older (per serving)	
Nutrient:	Unit:	Average			
Nutrient:	Unit:				
Energy	KJ	1349.0	168.6		
Protein	g	8.9	1.1	2%	
Glycaemic Carbohydrate	g	59.8	7.5		
Of which Total Sugar	g	4.2	0.5		
Total Fat of which	g	3.76	0.5		
Saturated Fatty Acids	g	1.5	0.2		
Polyunsaturated Fatty Acids	g	1.0	0.1		
of which Omega-3 Fatty Acids	mg	0.04	0.01		
of which Alpha-linolenic Acid (ALA)	mg	0.03	0.004		
Omega-6 Fatty Acids	mg	**	**		
Monounsaturated Fatty Acids	g	1.2	0.2		
Trans Fatty Acids	g	0.0	0.0		
Dietary Fibre*	g	5.8	0.7		
Total Sodium	mg	2294	286.8		
VITAMINS					
Vitamin A (Retinol)	µg	341.0	42.6	5	
B1 (Thiamine)	mg	0.7	0.1	7	
B2 (Riboflavin)	mg	1.0	0.1	10	
B3 (Nicotinamide)	mg	3.1	0.4	2	
B5 (Pantothenic Acid)	mg	0.5	0.1	1	
B6 (Pyridoxine)	mg	0.9	0.1	6	
B9 (Folic Acid)	µg	39.4	4.9	1	
B12 (Cobalamin)	µg	1.2	0.2	6	
Vitamin C (Ascorbic Acid)	mg	104.0	13.0	13	
Vitamin D (Cholecalciferol)	µg	5.5	0.7	5	
Vitamin E (Tocopherol)	mg	5.5	0.7	5	
Vitamin H (Biotin)	µg	15	1.9	6	



ASPIRE SOYA MINCE



ASPIRE SOYA MINCE



INGREDIENTS

Textured Vegetable Protein (Soya), Wheat Flour, Maize Flour, Corn Starch, Maltodextrin, Dehydrated Vegetables, Glucose, Vegetable Oil, Spices, Sugar, Flavouring E150c, Curry Powder (Curry variant only) Acidity Regulator E330, Tricalcium Phosphate, Salt, Vitamins, Minerals.

ALLERGENS

Soya, Wheat

Chicken	Beef		
100g	500g	1kg	25kg

TYPICAL NUTRITIONAL VALUES		Aspire Soya Mince			
	Serving:	100g	25g	%NRV for individuals 4yrs and older (per serving)	
Nutrient:	Unit:	Average			
Nutrient:	Unit:				
Energy	KJ	1350.0	472.5		
Protein	g	24.0	8.4	15	
Glycaemic Carbohydrate	g	62.1	21.7		
Of which Total Sugar	g	3.2	1.1		
Total Fat of which	g	2.9	1.0		
Saturated Fatty Acids	g	0.4	0.1		
Polyunsaturated Fatty Acids	g	1.2	0.4		
of which Omega-3 Fatty Acids	mg	**	**		
of which Alpha-linolenic Acid (ALA)	mg	**	**		
Omega-6 Fatty Acids	mg	**	**		
Monounsaturated Fatty Acids	g	1.2	0.4		
Trans Fatty Acids	g	0.0	0.0		
Dietary Fibre*	g	12.0	4.2		
Total Sodium	mg	768.9	269.1		
VITAMINS					
Vitamin A (Retinol)	µg	450.0	157.5	18	
B1 (Thiamine)	mg	0.6	0.2	18	
B2 (Riboflavin)	mg	0.7	0.2	18	
B3 (Nicotinamide)	mg	8.0	2.8	18	
B5 (Pantothenic Acid)	mg	2.5	0.9	18	
B6 (Pyridoxine)	mg	0.9	0.3	18	
B9 (Folic Acid)	µg	200.0	70.0	18	
B12 (Cobalamin)	µg	1.2	0.4	18	
Vitamin C (Ascorbic Acid)	mg	50.0	17.5	18	
Vitamin D (Cholecalciferol)	µg	7.5	2.6	18	
Vitamin E (Tocopherol)	mg	7.5	2.6	18	
Vitamin H (Biotin)	µg	15.0	5.3	18	



ASPIRE MILK RANGE



ASPIRE SUPREME MILK



INGREDIENTS

Whey powder, Skim milk powder, Maltodextrin, Vegetable fat, Glucose syrup, Vitamins (vitamin A, Acetate, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Nicotinamide, Vitamin B6 (Pyridoxine HCL), Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL, Iodine, Molybdenum AAC, Selenium, Zinc Acetate), Minerals (Manganese Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Cow's milk

TYPICAL NUTRITIONAL VALUES		Aspire Supreme Milk			
	Serving:	100g	25g	%NRV for individuals 4yrs and older (per serving)	
Nutrient:	Unit:	Average			
Nutrient:	Unit:				
Energy	kJ	1350.00	405.0		
Protein	g	11.0	2.75	5%	
Glycaemic Carbohydrate	g	52.00	13.0		
Of which Total Sugar	g	0	0		
Total Fat of which	g	10.00	2.5		
Dietary Fibre*	mg	4.9	1.2		
Total Sodium	mg	156.0	39.0		
Total Sodium	mg	681.00	170.0		
VITAMINS					
Vitamin A (Retinol)	µg	612.0	153.0	17	
B1 (Thiamine)	mg	0.82	0.2	17	
B2 (Riboflavin)	mg	0.88	0.22	17	
B3 (Nicotinamide)	mg	11.0	2.75	17	
BS(Pantothenic Acid)	mg	3.40	0.85	17	
B6 (Pyridoxine)	mg	1.16	0.29	17	
B9 (Folic Acid)	µg	272.0	68.0	17	
B12 (Cobalamin)	µg	1.63	0.41	17	
Vitamin C (Ascorbic Acid)	mg	68.0	17.0	17	
Vitamin D (Cholecalciferol)	µg	10.2	2.55	17	
Vitamin E (Tocopherol)	mg	10.2	2.55	17	

100g

500g

1kg

25kg

ASPIRE FRESH DAILY DRINK



INGREDIENTS

Skim Milk Powder, Whey Powder, Glucose Syrup, Vegetable Fat, Maltodextrin, Dextrose, Flavours, Di Potassium Phosphate (E340) and and Vitamins (vitamin A, Acetate, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Nicotinamide, Vitamin B6 (Pyridoxine HCL), Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL, Iodine, Molybdenum AAC, Selenium, Zinc Acetate), Minerals (Manganese Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Cow's milk

TYPICAL NUTRITIONAL VALUES		Aspire Fresh Daily Drink		
	Serving:	100g	25g	%NRV for individuals 4yrs and older (per serving)
Nutrient:	Unit:	Average		
Nutrient:	Unit:			
Energy	kJ	1790.00	447.0	
Protein	g	9.00	2.25	4%
Glycaemic Carbohydrate	g	54.00	13.5	
Of which Total Sugar	g	9.10	2.27	
Total Fat of which	g	14.00	2.75	
Dietary Fibre*	mg	1.00	0.25	
Total Sodium	mg	681.00	170.0	
VITAMINS				
Vitamin A (Retinol)	µg	612.0	153.0	17
B1 (Thiamine)	mg	0.82	0.2	17
B2 (Riboflavin)	mg	0.88	0.22	17
B3 (Nicotinamide)	mg	11.0	2.75	17
B5 (Pantothenic Acid)	mg	3.40	0.85	17
B6 (Pyridoxine)	mg	1.16	0.29	17
B9 (Folic Acid)	µg	272.0	68.0	17
B12 (Cobalamin)	µg	1.63	0.41	17
Vitamin C (Ascorbic Acid)	mg	68.0	17.0	17
Vitamin D (Cholecalciferol)	µg	10.2	2.55	17
Vitamin E (Tocopherol)	mg	10.2	2.55	17

100g

500g

1kg

25kg



ASPIRE VITA DRINK



ASPIRE VITA DRINK



INGREDIENTS

Castor Sugar, Citric Acid, Flavouring, Tri-Calcium Phosphate and Vitamins (vitamin A, Acetate, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Nicotinamide, Vitamin B6 (Pyridoxine HCL), Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL, Iodine, Molybdenum AAC, Selenium, Zinc Acetate), Minerals (Manganese Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

None

Orange

25g

Raspberry

500g

25kg

TYPICAL NUTRITIONAL VALUES		Aspire Vita Drink		
	Serving:	100g	25g	%NRV per 12,5g
Nutrient:	Unit:	Average		
Nutrient:	Unit:			
Energy	KJ	1490,00	372,5	
Protein	g	0,00	0,0	0%
Glycaemic Carbohydrate	g	95,00	23,8	
Of which Total Sugar	g	92,00	23,0	
Total Fat of which	g	0,00	0,0	
Saturated Fatty Acids	g	0,00	0,0	
Dietary Fibre*	g	0,00	0,0	
Total Sodium	mg	218,00	54,5	
VITAMINS				
Vitamin A (Retinol)	µg	900,0	225,0	25
B1 (Thiamine)	mg	1,2	0,3	25
B2 (Riboflavin)	mg	1,3	0,3	25
B3 (Nicotinamide)	mg	16,0	4,0	25
B5 (Pantothenic Acid)	mg	5,0	1,3	25
B6 (Pyridoxine)	mg	1,7	0,4	25
B9 (Folic Acid)	µg	400,0	100,0	25
B12 (Cobalamin)	µg	2,4	0,6	25
Vitamin C (Ascorbic Acid)	mg	100,0	25,0	25
Vitamin D (Cholecalciferol)	µg	15,0	3,8	25
Vitamin E (Tocopherol)	mg	15,0	3,8	25
Vitamin H (Biotin)	µg	30,0	7,5	25



ASPIRE JELLY



ASPIRE JELLY



INGREDIENTS

White Sugar, Salt, Flavour, Gelatine, Citric Acid Anhydrous, Trisodium Citrate, Colour and Vitamins (vitamin A, Acetate, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Nicotinamide, Vitamin B6 (Pyridoxine HCL), Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL, Iodine, Molybdenum AAC, Selenium, Zinc Acetate), Minerals (Manganese Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

None

35g

500g

25kg

TYPICAL NUTRITIONAL VALUES			Aspire Jelly		
	Serving:	NRV	100g	20g	%NRV per 10g
Nutrient:	Unit:		Average		
Nutrient:	Unit:	56,0			
Energy	kJ		1687,00	337,4	
Protein	g		8,40	1,7	3%
Glycaemic Carbohydrate	g	56,0	88,00	17,6	
Of which Total Sugar	g		87,10	17,4	
Total Fat of which	g		<0,5	<0,5	
Saturated Fatty Acids	g		0,30	0,1	
Polyunsaturated Fatty Acids	g		0,10	0,0	
of which Omega-3 Fatty Acids	mg		**	**	
of which Alpha-linolenic Acid (ALA)	mg		**	**	
Omega-6 Fatty Acids	mg		**	**	
Monounsaturated Fatty Acids	g		<0,1	<0,1	
Trans Fatty Acids	g		<0,1	<0,1	
Dietary Fibre*	mg		<0,1	<0,1	
Total Sodium	mg		206,00	41,2	
VITAMINS					
Vitamin A (Retinol)	µg	900,0	450,0	90,0	10
B1 (Thiamine)	mg	1,2	0,6	0,1	10
B2 (Riboflavin)	mg	1,3	0,7	0,1	10
B3 (Nicotinamide)	mg	16,0	8,0	1,6	10
B5 (Pantothenic Acid)	mg	5,0	2,5	0,5	10
B6 (Pyridoxine)	mg	1,7	0,9	0,2	10
B9 (Folic Acid)	µg	400,0	200,0	40,0	10
B12 (Cobalamin)	µg	2,4	1,2	0,2	10
Vitamin C (Ascorbic Acid)	mg	100,0	50,0	10,0	10
Vitamin D (Cholecalciferol)	µg	15,0	7,5	1,5	10
Vitamin E (Tocopherol)	mg	15,0	7,5	1,5	10
Vitamin H (Biotin)	µg	30,0	15,0	3,0	10



ASPIRE CUSTARD



ASPIRE CUSTARD



INGREDIENTS

White Sugar, Cornstarch, Whey Powder, Glucose, Vegetable Fat (Palm Fruit), Lactic Casein (Cow's Milk), Skim Milk Powder, Maltodextrin, Precooked Maize, Salt, Colour and Vitamins (vitamin A, Acetate, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Nicotinamide, Vitamin B6 (Pyridoxine HCL), Folic Acid, Vitamin B12, Biotin, Pantothenic Acid, Vitamin C, Vitamin D3, Vitamin E, KL, Iodine, Molybdenum AAC, Selenium, Zinc Acetate), Minerals (Manganese Sulphate, Calcium Carbonate, Iron Fumerate, Chromium AAC, Copper Sulphate)

ALLERGENS

Cow's milk

TYPICAL NUTRITIONAL VALUES			Aspire Custard		
	Serving:	NRV	100g	20g	%NRV per 10g
Nutrient:	Unit:		Average		
Nutrient:	Unit:				
Energy	kJ		1573,00	157,3	
Protein	g	56,0	8,30	0,8	1%
Glycaemic Carbohydrate	g		85,00	8,5	
Of which Total Sugar	g		87,10	8,7	
Total Fat of which	g		1,70	0,2	
Saturated Fatty Acids	g		0,20	0,0	
Dietary Fibre*	g		2,70	0,3	
Total Sodium	mg		465,00	46,5	
VITAMINS					
Vitamin A (Retinol)	µg	900,0	450,0	45,0	5
B1 (Thiamine)	mg	1,2	0,6	0,1	5
B2 (Riboflavin)	mg	1,3	0,7	0,1	5
B3 (Nicotinamide)	mg	16,0	8,0	0,8	5
B5 (Pantothenic Acid)	mg	5,0	2,5	0,3	5
B6 (Pyridoxine)	mg	1,7	0,9	0,1	5
B9 (Folic Acid)	µg	400,0	200,0	20,0	5
B12 (Cobalamin)	µg	2,4	1,2	0,1	5
Vitamin C (Ascorbic Acid)	mg	100,0	50,0	5,0	5
Vitamin D (Cholecalciferol)	µg	15,0	7,5	0,8	5
Vitamin E (Tocopherol)	mg	15,0	7,5	0,8	5
Vitamin H (Biotin)	µg	30,0	15,0	1,5	5

500g

10kg



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igniting purpose

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THANKYOU