



Provender Product Catalogue

Phone: 1800 121 222

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Please note products are subject to availability



20 Piece Mini Snack Box

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



This small 20 piece healthy office snack box is perfect for a small office or boardroom. Your team will enjoy the same high quality variety as your large office snack boxes, such as protein balls and bars, jerky, veggie chips and more. The snacks are long shelf life so you can keep a couple of the boxes on hand for last minute meetings.

3D Energy Drink - Energy Blue Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy Blue New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Chrome New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Chrome Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy Gold New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Gold Gym Range



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy Green Gym Range



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy Green New Gym Products-2021



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Orange Gym Range



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy Orange New Gym Products-2021



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Pink New Gym Products-2021



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Pink Gym Range

Size: 472ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy Purple New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy Purple Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy R.W.B Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy R.W.B New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

3D Energy Drink - Energy White Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing

3D Energy Drink - Energy White New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



3D Energy Drink is a new take on your typical Energy Drink with of the cleanest formulas on the market, Sugar-free, Low-calorie and no artificial colours, this amazing energy drink does not taste like a standard energy drink but in fact more like your favourite Sodas!

Active&Co - 60 cm Universal bike tube End of Trip

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Keep up the maintenance of your bicycles with this premium quality bike tube, which offers a universal fit.

Active&Co - Combination lock End of Trip

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Ensure your bike's safety when you park it in a public area with this lock.

Active&Co - Universal inflator kit End of Trip

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Make your life easy with this Repco Universal Inflators

Active&Co Bicycle tube repair kit End of Trip

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Patch up your bike tyres so they're as good as new with this deluxe repair kit.

Anko - USB Twin pack LED lights End of Trip

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Light up your path while riding a bike in the dark with these LED lights

Aussie Bodies - Collagen Coconut Cream Delight Gym Range

Size: 45g
Sugar per serve:
Protein per serve: 15g
Energy per serve:



Our Pro-active nutrition products help you body shine from the inside out. They contain 16g of Protein, 0.1g of sugars with collagen peptides and no artificial colours,

Aussie Bodies - Keto Cookies & Cream Wafer Gym Range

Size: 35g
Sugar per serve:
Protein per serve:
Energy per serve:



Aussie Bodies Pro-active Nutrition, helps you shape your body from the inside out. Our KETO nutrition products make sticking to a KETO diet easy. Our products have been formulated

Aussie Bodies - Lo Carb Crunchy Rocky Road Gym Range

Size: 40g
Sugar per serve:
Protein per serve: 12g
Energy per serve:



Our pro-active nutrition products help you shape your body from the inside out, with dark chocolate, blueberries, roasted almonds, chia seeds, 12g protein, 1.9g sugars, high

Aussie Bodies - Lo Carb Whipped Chocolate Gym Range

Size: 50g
Sugar per serve:
Protein per serve: 14g
Energy per serve:



Our pro-active nutrition product help your shape body from the inside out. Contains 15g protein, 0.4g sugars, high fibre and no artificial colours or preservatives.

Aussie Bodies Real Fruit Smoothie - Strawberry & Pomegranate Gym Range

Size: 375ml
Sugar per serve:
Protein per serve: 30.4g
Energy per serve:



This perfect protein Real Fruit Smoothie is a natural and nutritious drink on-the-go. Packed with 30g of protein, real fruit and naturally occurring vitamin B2 and minerals, to support your active lifestyle in a natural way.

Aussie Bodies Real Fruit Smoothie - Strawberry & Pomegranate New Gym Products-2021

Size: 375ml
Sugar per serve:
Protein per serve:
Energy per serve:



This perfect protein Real Fruit Smoothie is a natural and nutritious drink on-the-go. Packed with 30g of protein, real fruit and naturally occurring vitamin B2 and minerals, to support your active lifestyle in a natural way.

Bang Energy Cans - Bangster Berry New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, Bvitamins and inositol.

Bang Energy Cans - Bangster Berry Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bang Energy Cans - Blue Razz New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.

Bang Energy Cans - Blue Razz Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bang Energy Cans - Candy Apple Crisp New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.

Bang Energy Cans - Candy Apple Crisp Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bang Energy Cans - Froze Rose Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bang Energy Cans - Froze Rose New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.

Bang Energy Cans - Mango Bango Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bang Energy Cans - Mango Bango New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.

Bang Energy Cans - Pina Colada New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, B vitamins and inositol.

Bang Energy Cans - Pina Colada Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bang Energy Cans - Star Blast New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar-free, fat-free, calorie-free, Caffeinated soft drink with no artificial colours. Every 500-mL can of Bang Energy contains 160 mg of caffeine, Bvitamins and inositol.

Bang Energy Cans - Star Blast Gym Range

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:



Bang Energy is not your stereotypical high sugar, life-sucking soda masquerading as an energy drink! Bang Energy is a sugar free, fat free, calorie free, Caffeinated

Bangin' Chicken Cafe Bowl Fresh Food

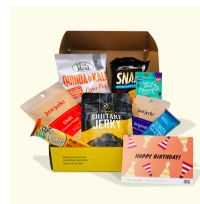
Size: 400g
Sugar per serve:
Protein per serve:
Energy per serve:



Make your lunchtime go off with a bang with our café-style salad bowls! Soft Singapore noodles and Japanese-style slaw ready to be topped with poached marinated

Birthday Box Snack Box

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Our birthday gift boxes are curated with our most popular snacks for both girls or boys but really they could go either way. The better-for-you indulgent snacks are pair perfectly with a glass of wine, or slice of cake!

Blackbean & Beetroot Falafel With Lentil Tabbouleh Fresh Food

Size: 260g
Sugar per serve:
Protein per serve:
Energy per serve:



Middle Eastern-inspired and plant-based, this power bowl has it all. Enjoy our famous lentil tabbouleh tossed with fresh salad mix, topped with roasted almonds,

C4 - Cherry Limeade Gym Range

Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:



**C4 - Cherry
Limeade**
New Gym Products-2021



Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:

C4 - Cotton Candy
New Gym Products-2021



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

C4 - Cotton Candy
Gym Range



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

**C4 - Frozen
Bombsicle**
Gym Range



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

**C4 - Frozen
Bombsicle**
New Gym Products-2021



Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:

C4 - Fruit Punch
New Gym Products-2021



Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:

C4 - Fruit Punch Gym Range

Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Icy Blue Razz Gym Range

Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Icy Blue Razz New Gym Products-2021

Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Orange Slice New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Orange Slice Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Purple Frost New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Purple Frost Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Sour Batch Bros Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Sour Batch Bros New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Strawberry Watermelon Ice Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Strawberry Watermelon Ice New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Tropical Blast New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Tropical Blast Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Twisted Limeade New Gym Products-2021

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Twisted Limeade Gym Range

Size: 473ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Watermelon Gym Range

Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:



C4 - Watermelon New Gym Products-2021

Size: 346ml
Sugar per serve:
Protein per serve:
Energy per serve:



Cadbury Boost Confectionery

Size: 60g
Sugar per serve: 29g
Protein per serve: 2.7g
Energy per serve: 1310kJ



Boasting a smooth textured chocolate flavoured centre with crunchy biscuit pieces surrounded in flowing caramel.

Cadbury Cherry Ripe Confectionery

Size: 52g
Sugar per serve: 24.9g
Protein per serve: 2.1g
Energy per serve: 1040kJ



The ripe juicy cherries and moist coconut smothered in rich old gold dark chocolate ensure a unique taste experience.

Cadbury Crunchie Confectionery

Size: 50g
Sugar per serve: 31.4g
Protein per serve: 1.4g
Energy per serve: 931kJ



Golden honeycomb covered in Cadbury milk chocolate.

Cadbury Dairy Milk Confectionery

Size: 50g
Sugar per serve: 28.6g
Protein per serve: 3.7g
Energy per serve: 1120kJ



It has 'the equivalent of a glass and a half of pure full cream dairy milk in every 200g of Cadbury Dairy Milk milk chocolate'.

Cadbury Dairy Milk Caramello Confectionery

Size: 50g
Sugar per serve: 29.8g
Protein per serve: 3.1g
Energy per serve: 1140kJ



Cadbury Dairy Milk Caramello block has Dairy Milk milk chocolate with a smooth flowing caramel centre.

Cadbury Dream Confectionery

Size: 50g
Sugar per serve: 30.3g
Protein per serve: 2.7g
Energy per serve: 1150kJ



Cadbury Dream is smooth and creamy white chocolate.

Cadbury Picnic Confectionery

Size: 46g
Sugar per serve: 19.5g
Protein per serve: 4.1g
Energy per serve: 1010kJ



If you're into nuts and wafer and chocolate and rice crisps and caramel, then BAM! You have come to the right spot.

Cadbury Twirl Confectionery

Size: 39g
Sugar per serve: 11.2g
Protein per serve: 1.4g
Energy per serve: 438kJ



Twirl bar has a unique combination of chocolate swirls and curls covered with Cadbury Dairy Milk milk chocolate. The bar delivers a light crisp bite, followed by a melt in the

Cira Aloe Vera Mango Drinks Range

Size: 500ml
Sugar per serve: 12g
Protein per serve: 0g
Energy per serve: 251kJ



Beat the mundane and stay cool on the go. Tamed by the soft and tropical flavors, Cira Aloe Mango is fit for those looking to hydrate while in full stride. Stay hydrated while enjoying the crisp clean mango flavor compounded with Aloe Vera pulp.

Cira Aloe Vera Original Drinks Range

Size: 500ml
Sugar per serve: 12g
Protein per serve: 0g
Energy per serve: 251kJ



Pure, powerful, and soothing, Cira Aloe Original delivers an authentic delight. Equipped with body-boosting vitamins and minerals extracted from Aloe Vera juice and pulp, Cira Aloe Original provides a natural hydrating drinking experience.

Classic Caesar Salad w Poached Chicken Fresh Food

Size: 290g
Sugar per serve:
Protein per serve:
Energy per serve:



A classic favourite with all the trimmings, our Caesar bowl brings the café to you! Sliced poached chicken, home-style bacon, a whole boiled egg, crunchy croutons and

Classic Caesar w Poached Chicken aHealthy Range

Size: 240g
Sugar per serve:
Protein per serve:
Energy per serve: 2230kJ



A classic favourite with all the trimmings, our Caesar bowl brings the café to you! Sliced poached chicken, home-style bacon, a whole boiled egg, crunchy croutons and parmesan cheese, all drizzled with a traditional and tasty Caesar dressing.

Coke - Diet Coke Drinks Range

Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.19g
Energy per serve: 7.1kJ



Diet Coca-Cola caffeine free is a deliciously light, sugar-free and no-calorie soft drink without the caffeine. It delivers a distinct, unique and lighter taste to Coca-Cola Classic.

Coke Classic Drinks Range

Size: 600ml
Sugar per serve: 27g
Protein per serve: 0g
Energy per serve: 450kj



Nothing beats the taste of Coca-Cola Classic. It's the perfect companion whether you're on the go, relaxing at home, enjoying with friends or as a drink with your meal.

Coke Classic Drinks Range

Size: 375ml
Sugar per serve: 40g
Protein per serve: 0g
Energy per serve: 675kj



Nothing beats the taste of Coca-Cola Classic. It's the perfect companion whether you're on the go, relaxing at home, enjoying with friends or as a drink with your meal.

Coke No Sugar Drinks Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0.3g
Energy per serve: 8.4kj



Coca-Cola No Sugar is a sparkling soft drink and a great new choice for those who want the classic taste of Coke without the sugar.

Coke No Sugar Drinks Range

Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.19g
Energy per serve: 5.3kj



Coca-Cola No Sugar is a sparkling soft drink and a great new choice for those who want the classic taste of Coke without the sugar.

Coke Vanilla Drinks Range

Size: 375ml
Sugar per serve: 40.9g
Protein per serve: 0g
Energy per serve: 693.8kj



All the refreshing taste of Coca-Cola Classic soft drink with a sweet hint of vanilla makes Vanilla Coke No Sugar a unique and delicious twist on the world's favourite soft

Cool Ridge Sparkling Water aHealthy Range

Size: 500ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kj



Cool Ridge Lightly Sparkling Water that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water Drinks Range

Size: 500ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water with Berry Drinks Range

Size: 500ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water comes in natural berry flavor that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water with Berry aHealthy Range

Size: 500ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water comes in natural berry flavor that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water with Lime aHealthy Range

Size: 500ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water comes in natural citrus flavor that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Sparkling Water with Lime Drinks Range

Size: 500ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Lightly Sparkling Water comes in natural citrus flavor that is all natural, no sugar, low calorie, pristine spring water.



Cool Ridge Spring Water Drinks Range

Size: 350ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Spring Water comes in a 350ml PET bottle that is sourced from quality Australian mineral springs.



Cool Ridge Spring Water Drinks Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ

Cool Ridge Spring Water comes in a 600ml PET bottle that is sourced from quality Australian mineral springs.

Crankt Protein Bar - Choc Caramel Gym Range

Size: 55g
Sugar per serve:
Protein per serve: 17.5g
Energy per serve:

Delicious choc caramel flavoured, triple layer bar with over 31% protein and guarana & ginseng for natural energy.



Crankt Protein Bar - Choc Caramel New Gym Products-2021

Size: 55g
Sugar per serve:
Protein per serve:
Energy per serve:

Delicious choc caramel flavoured, triple-layer bar with over 31% protein and guarana & ginseng for natural energy.

Crankt Protein Bar - Choc Coconut New Gym Products-2021

Size: 55g
Sugar per serve:
Protein per serve:
Energy per serve:

High protein, low carb protein bar in a choc coconut flavour.



Crankt Protein Bar - Choc Coconut Gym Range

Size: 55g
Sugar per serve:
Protein per serve: 17.6g
Energy per serve:

High protein, low carb protein bar in a choc coconut flavour.

Crankt Protein Bar - Choc Cookies & Cream New Gym Products-2021

Size: 55g
Sugar per serve:
Protein per serve:
Energy per serve:

Cookies & cream flavoured, triple-layer bar with over 31% protein, guarana & ginseng for natural energy.



Crankt Protein Bar - Choc Cookies & Cream Gym Range

Size: 55g
Sugar per serve:
Protein per serve: 17.3g
Energy per serve:

Cookies & cream flavoured, triple layer bar with over 31% protein, guarana & ginseng for natural energy.



Crankt Protein Bar - Choc Mint New Gym Products-2021

Size: 55g
Sugar per serve:
Protein per serve:
Energy per serve:

Choc mint flavoured triple-layer bar, with over 32.6% protein and only 1.2% carbs. Contains guarana & ginseng for natural energy, vitamins and minerals and no artificial sweetener.



Crankt Protein Bar - Choc Mint Gym Range

Size: 55g
Sugar per serve:
Protein per serve: 17.9g
Energy per serve:

Choc mint flavoured triple layer bar, with over 32.6% protein and only 1.2% carbs. Contains guarana & ginseng for natural energy, vitamins and minerals and no artificial sweetener.



Crankt Protein Bar - Choc Peanut Butter Gym Range

Size: 55g
Sugar per serve:
Protein per serve: 18.6g
Energy per serve:

Choc peanut butter flavoured triple layer bar with 33.9% protein and only 1.9% carbs. With guarana & ginseng for natural energy, vitamins and minerals and no artificial sweetener.



Crankt Protein Bar - Choc Peanut Butter New Gym Products-2021

Size: 55g
Sugar per serve:
Protein per serve:
Energy per serve:

Choc peanut butter flavoured triple-layer bar with 33.9% protein and only 1.9% carbs. With guarana & ginseng for natural energy, vitamins and minerals and no artificial sweetener.



Crankt Protein Bar - Choc Raspberry New Gym Products-2021

Size: 55g
Sugar per serve:
Protein per serve:
Energy per serve:

Choc raspberry flavoured triple-layer bar with over 31% protein and only 1.6% carbs. It contains guarana & ginseng for natural energy, vitamins & minerals with no artificial sweetener.



Crankt Protein Bar - Choc Raspberry Gym Range

Size: 55g
Sugar per serve:
Protein per serve: 17.9g
Energy per serve:

Choc raspberry flavoured triple layer bar with over 31% protein and only 1.6% carbs. It contains guarana & ginseng for natural energy, vitamins & minerals with no artificial sweetener.



Crankt Protein Shake - Banana New Gym Products-2021

Size: 375ml
Sugar per serve:
Protein per serve:
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.



Crankt Protein Shake - Banana Gym Range

Size: 375ml
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.



Crankt Protein Shake - Choc Honeycomb Gym Range

Size: 375ml
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.



Crankt Protein Shake - Choc Honeycomb New Gym Products-2021

Size: 375ml
Sugar per serve:
Protein per serve:
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.



Crankt Protein Shake - Chocolate New Gym Products-2021

Size: 375ml
Sugar per serve:
Protein per serve:
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.



Crankt Protein Shake - Chocolate Gym Range



Size: 375ml
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

Crankt Protein Shake - Coffee Gym Range



Size: 375ml
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

Crankt Protein Shake - Coffee New Gym Products-2021



Size: 375ml
Sugar per serve:
Protein per serve:
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

Crankt Protein Shake - Vanilla New Gym Products-2021



Size: 375ml
Sugar per serve:
Protein per serve:
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

Crankt Protein Shake - Vanilla Gym Range



Size: 375ml
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Combine premium high protein, low carb ingredients plus guarana and ginseng, giving your body energy, nutrients and the strength it needs to power through your day.

Deep Spring - Orange & Passionfruit Sparkling Drinks Range



Size: 375ml
Sugar per serve: 26g
Protein per serve: 0g
Energy per serve: 490kj

Deep Spring is a perfect fusion of Australian sparkling natural mineral water with a splash of organic fruit juice and natural vivid flavour.

Dr Pepper Drinks Range

Size: 355ml
Sugar per serve: 40g
Protein per serve: 0g
Energy per serve: 401kJ



A signature blend of 23 flavors makes every sip of Dr Pepper truly unique.

Emma & Toms Life Bar Banana with Chia aHealthy Range

Size: 40g
Sugar per serve: 16.6g
Protein per serve: 3.9g
Energy per serve: 697kJ



An on-the-go snack bar in Banana flavour. A fibre-rich mix of dates, raw almonds, dried bananas and ground chia seed.

Emma & Toms Life Bar Cacao Coconut aHealthy Range

Size: 35g
Sugar per serve: 14.9g
Protein per serve: 2.6g
Energy per serve: 606kJ



An on-the-go snack bar in Cacao & Coconut flavour. A fibre-rich mix of dates, raisins and cashews.

Emma & Toms Life Bar Cacao Coffee Bean aHealthy Range

Size: 35g
Sugar per serve: 14.2g
Protein per serve: 3.2g
Energy per serve: 595kJ



Made with all natural ingredients, gluten-free, and suitable for vegetarians.

Emma & Toms Life Bar Cacao Orange aHealthy Range

Size: 40g
Sugar per serve: 13.6g
Protein per serve: 3.4g
Energy per serve: 611kJ



Raw fruit & nut bar, all natural, no preservatives, no added sugar, source of fibre and gluten free.

Emma & Toms Life Bar Cherry and Goji aHealthy Range

Size: 40g
Sugar per serve: 18g
Protein per serve: 4g
Energy per serve: 656kJ



Cherry and goji berries give the bar an overall sweet, tart taste, whilst the almonds give it a crunch.

Emma & Toms Life Bar Fig Lemon
aHealthy Range

Size: 40g
Sugar per serve: 15g
Protein per serve: 3.8g
Energy per serve: 696kJ

An on-the-go snack bar in Fig & Lemon flavour. A fibre-rich mix of dates, raisins and cashews.



Fantastic Beef Noodle Cup Snack

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Fantastic Chicken Noodle Cup Snack

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Fantastic Oriental Noodle Cup Snack

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Frucor "V" Energy Drink
Drinks Range

Size: 500ml
Sugar per serve: 53g
Protein per serve: 1g
Energy per serve: 977kJ

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and



Frucor "V" Energy Drink
Drinks Range

Size: 250ml
Sugar per serve: 26.5g
Protein per serve: 0.7g
Energy per serve: 488kJ

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and





Frucor "V" Energy Drink Blue Drinks Range

Size: 250ml
Sugar per serve: 33g
Protein per serve: 0g
Energy per serve: 618kj

Blue can be a type of berry, a bird, a movie, or a state of mind. In this case, it's the colour of our cans... and a mysterious flavour.



Frucor "V" Energy Drink Sugar Free Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.7g
Energy per serve: 34kj

Step into our world of V, where there's a stack of things to do, and endless ways to do them. With a mix of B Vitamins, caffeine and guarana - get a gobful of the green stuff and



Gatorade - Artic Blitz Gym Range

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is



Gatorade - Berry Gym Range

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is



Gatorade - Blue Bolt Gym Range

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is



Gatorade - Grape Gym Range

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is

Gatorade - Lemon-Lime Gym Range



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is

Gatorade - Orange Ice Gym Range



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is

Gatorade - Tropical Gym Range



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is

Gatorade - Watermelon Chill Gym Range



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The Proven classic, with a legacy of over 50 years in the making. Its the most scientifically researched and game-tested way to replace electrolytes lost in sweat. Gatorade is

Gatorade Blue Bolt Drinks Range

Size: 600ml
Sugar per serve:
Protein per serve: 0g
Energy per serve:

Performance range scientifically formulated to help replace what you lose when you sweat. Fluids and electrolytes to promote complete hydration. Carbohydrates to refuel working muscles.

Gatorade Blue Bolt New Gym Products-2021

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

Performance range scientifically formulated to help replace what you lose when you sweat. Fluids and electrolytes promote complete hydration. Carbohydrates to refuel working muscles.



**Gatorade G-Active
No Sugar - Berry
Gym Range**



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

**Gatorade G-Active
No Sugar - Lemon
Gym Range**



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

**Gatorade G-Active
No Sugar - Mango
Gym Range**



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

**Gatorade G-Active
No Sugar - Orange
Gym Range**



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

G-Active puts back what sweat takes out, replacing essential electrolytes plus added B-Vitamins without any sugar.

**Gatorade Lemon
Lime
New Gym Products-2021**



Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The no.1 sports drink on the planet is scientifically formulated to help replace what you lose when you sweat.

**Gatorade Lemon
Lime
Drinks Range**

Size: 600ml
Sugar per serve:
Protein per serve: 0g
Energy per serve:

The no.1 sports drink on the planet is scientifically formulated to help replace what you lose when you sweat.



**Gatorade No Sugar
- Berry
Gym Range**

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

Essential Electrolytes, without the sugar. Gatorade No Sugar helps replace essential electrolytes lost in sweat, without the Carbs & Calories.



**Gatorade No Sugar
- Glacier Freeze
Gym Range**

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

Essential Electrolytes, without the sugar. Gatorade No Sugar helps replace essential electrolytes lost in sweat, without the Carbs & Calories.



**Gatorade No Sugar
- Orange
Gym Range**

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

Essential Electrolytes, without the sugar. Gatorade No Sugar helps replace essential electrolytes lost in sweat, without the Carbs & Calories.



**Gatorade Orange
Ice
New Gym Products-2021**

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The no.1 sports drink on the planet is scientifically formulated to help replace what you lose when you sweat.

**Gatorade Orange
Ice
Drinks Range**

Size: 600ml
Sugar per serve:
Protein per serve: 0g
Energy per serve:

The no.1 sports drink on the planet is scientifically formulated to help replace what you lose when you sweat.



**Gatorade Tropical
New Gym Products-2021**

Size: 600ml
Sugar per serve:
Protein per serve:
Energy per serve:

The no.1 sports drink on the planet is scientifically formulated to help replace what you lose when you sweat.

Gatorade Tropical Drinks Range

Size: 600ml
Sugar per serve:
Protein per serve: 0g
Energy per serve:

The no.1 sports drink on the planet scientifically formulated to help replace what you lose when you sweat.

Glee Blackcurrant Burst aHealthy Range

Size: 250ml
Sugar per serve: 26.8g
Protein per serve: <1g
Energy per serve: 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



Glee Blackcurrant Burst Drinks Range

Size: 250ml
Sugar per serve: 26.8g
Protein per serve: <1g
Energy per serve: 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.

Glee Rockin Raspberry Drinks Range

Size: 250ml
Sugar per serve: 26.8g
Protein per serve: <1g
Energy per serve: 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.



Glee Rockin Raspberry aHealthy Range

Size: 250ml
Sugar per serve: 26.8g
Protein per serve: <1g
Energy per serve: 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.

Glee Tropical Treat aHealthy Range

Size: 250ml
Sugar per serve: 26.8g
Protein per serve: <1g
Energy per serve: 468kj

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.





Glee Tropical Treat Drinks Range

Size: 250ml
Sugar per serve: 26.8g
Protein per serve: <1g
Energy per serve: 468kJ

Sparkling Fruit Juice (99% Fruit Juice). Contains natural ingredients.

Gourmet Grocer Tuna with Crackers Thai Sweet Chilli Snack

Size: 112g
Sugar per serve: 3.1g
Protein per serve: 22g
Energy per serve: 931kJ

Tuna meal.



Gourmet Grocer Tuna with Mayo Cracked Pepper Snack

Size: 112g
Sugar per serve: 3g
Protein per serve: 19.2g
Energy per serve: 943kJ

Tuna meal.



Grainwaves - Sour Cream and Chives Snack

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Sour Cream & Chives Grain Waves is one of Australia's favorite snacks with 25% less fat (great source of whole grains).



Harvest Box - Apple Tart aHealthy Range

Size: 45g
Sugar per serve: 14.7g
Protein per serve: 6.3g
Energy per serve: 861kJ

Peanuts, cranberries, cashews and apple are the only ingredients in this lustre-boosting, totally-good-for-you, simply delicious mix.

Harvest Box - Satay Crunch aHealthy Range

Size: 45g
Sugar per serve: 3.2g
Protein per serve: 9.2g
Energy per serve: 1043kJ

Satay flavoured cashews, almonds and peanuts.



Harvest Box - Spiced Up aHealthy Range

Rosemary, garlic, roasted nuts and seeds.

Size: 45g
Sugar per serve: 2.4g
Protein per serve: 7.6g
Energy per serve: 915kJ



Harvest Box - We Love Nuts aHealthy Range

Cashews, brazil nuts, almonds and peanuts.

Size: 45g
Sugar per serve: 2.4g
Protein per serve: 9.7g
Energy per serve: 1210kJ



Hot Smoked Salmon & Tofu w Black Rice & Edamame Fresh Food

Fire up your energy levels with our Japanese-inspired power bowl. Hot smoked salmon, creamy tofu and tamari-toasted almonds on a base of black

Size: 260g
Sugar per serve:
Protein per serve:
Energy per serve:



International Protein - Amino Recovery - Watermelon New Gym Products-2021

During and post-workout formulation to help achieve the fastest recovery after intense aerobic or heavy anaerobic training, while achieving muscle synthesis and reduced muscle soreness.

Size: 320g
Sugar per serve:
Protein per serve:
Energy per serve:



International Protein - Amino Recovery - Watermelon Gym Range

During and post-workout formulation to help achieve the fastest recovery after intense aerobic or heavy anaerobic training, while achieving muscle synthesis and

Size: 320g
Sugar per serve:
Protein per serve: 7.4g
Energy per serve:



International Protein - Brutal Energy - Passionfruit Gym Range

Brutal Energy High-Stim pre-workout is formulated with ingredients that provide mental and physical energy for any type of workout.

Size: 250g
Sugar per serve:
Protein per serve: 5.6g
Energy per serve:



International Protein - Brutal Energy - Passionfruit
New Gym Products-2021



Size: 250g
Sugar per serve:
Protein per serve:
Energy per serve:

Brutal Energy High-Stim pre-workout is formulated with ingredients that provide mental and physical energy for any type of workout.

International Protein - Brutal Pump - Raspberry & Lemonade
New Gym Products-2021



Size: 250g
Sugar per serve:
Protein per serve:
Energy per serve:

Brutal Pump Pre-workout is designed for those who need that skin splitting, muscle-swollen, totally pumped feeling as part of their anaerobic workout.

International Protein - Brutal Pump - Raspberry & Lemonade
Gym Range



Size: 250g
Sugar per serve:
Protein per serve: 3g
Energy per serve:

Brutal Pump Pre-workout is designed for those who need that skin splitting, muscle-swollen, totally pumped feeling as part of their anaerobic workout.

JC Energy Mix Snack



Size: 45g
Sugar per serve: 12.8g
Protein per serve: 3g
Energy per serve: 618kj

Only the finest quality nuts and dried fruits. The highest grade of nuts and fruits is sourced directly from quality approved growers. This ensures a superior product with optimal freshness.

JC Healthy Mix Snack



Size: 45g
Sugar per serve: 6.3g
Protein per serve: 5.6g
Energy per serve: 622kj

JC Delicious Healthy Mix is wholesome, nutritious food made from natural raw ingredients sourced from specialist growers.

JC Natural Almond Snack



Size: 45g
Sugar per serve:
Protein per serve:
Energy per serve:

A great healthy and vegan snack that is also dairy free, gluten free, made in Australia, with no added sugar and a single ingredient – crunchy almonds.

JC Outback Mix Snack



Size: 45g
Sugar per serve: 2.6g
Protein per serve: 5.3g
Energy per serve: 779kJ

JC Original Quality Outback Mix is wholesome, nutritious food made from natural raw ingredients sourced from specialist growers.

JC's Revive Mix Snack



Size: 30g
Sugar per serve: 13g
Protein per serve: 2g
Energy per serve: 493kJ

This J.C.'S Quality Foods Revive Mix contains an assortment of almonds, apricots, pepitas and sultanas making them a tasty treat

Kirks Creaming Soda Drinks Range



Size: 375ml
Sugar per serve: 38.3g
Protein per serve: 0g
Energy per serve: 660kJ

Kirks Creaming Soda ain't just any creaming soda, this is Kirks with no artificial colours and flavours.

Kirks Creaming Soda Zero Sugar Drinks Range



Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.2g
Energy per serve: 9.2kJ

Kirks Sugar-Free Creaming Soda is a flavoured soft drink, made in Australia with no sugar, no artificial colours and flavours.

Kleenex - pure and natural facial wipes End of Trip



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Feel fresh and clean when you're on the go with Kleenex Anti-Bacterial Wipes

Koala Popcorn BBQ aHealthy Range



Size: 25g
Sugar per serve: 0.18g
Protein per serve: 2.38g
Energy per serve: 415kJ

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.

Koala Popcorn Chicken aHealthy Range

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.

Size: 25g
Sugar per serve: 0.18g
Protein per serve: 2.38g
Energy per serve: 415kj



Koala Popcorn Salted aHealthy Range

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.

Size: 25g
Sugar per serve: 0.18g
Protein per serve: 2.38g
Energy per serve: 415kj



Koala Popcorn Sweet and Salty aHealthy Range

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.

Size: 25g
Sugar per serve: 0.18g
Protein per serve: 2.38g
Energy per serve: 415kj



Koala Popcorn Sweet Chilli aHealthy Range

Koala Popcorn uses only all natural flavours, it is gluten free, air popped and has no animal products.

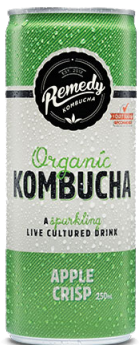
Size: 25g
Sugar per serve: 0.18g
Protein per serve: 2.38g
Energy per serve: 415kj



Kombucha Apple Crisp Drinks Range

If you love apple juice or cider but want to skip the sugar and/or booze bloat, Apple Crisp should float your boat. Fresh and fruity, subtly sweet and delightfully dry.

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kj



Kombucha Cherry Plum Drinks Range

Red cherries + Kakadu plum. A taste bud tango. Ripe for the drinking. Forget the cherry on top, Remedy Kombucha have packed the flavour of a whole punnet of them inside.

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kj





Kombucha Ginger & Berry Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

A touch spicy. Delightfully luscious. Berry tempting.



Kombucha Ginger & Lemon Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

Familiar yet new; a classic with a twist; a no-sugar (naturally), guilt-free take on ginger beer. Hot and sour, fiery and tangy. The perfect tummy-tamer.



Kombucha Lemon, Lime & Mint Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

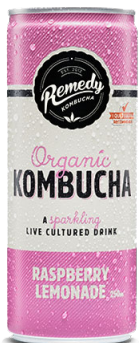
Old fashioned tangy goodness with a fresh twist. A citrus circus. Consider your thirst quenched.



Kombucha Peach Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

Delicately luscious, fizzy and refreshing, this kombucha concoction pairs the real taste of ripe peach with just the right balance of sweet and sour.



Kombucha Raspberry & Lemonade Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0.8g
Energy per serve: 73kJ

A grown-up, guilt-free take on a childhood classic. No sugar. No nasties. Just lip-smacking gut-loving goodness in a bottle.



Lifestyle Nut Cracker Nibbles aHealthy Range

Size: 34g
Sugar per serve: 1g
Protein per serve: 2.6g
Energy per serve: 481kJ

The versatile snack. Mixed Nibbles is 98% fat free cholesterol free.

Mars Bar Confectionery

Size: 53g
Sugar per serve: 30.7g
Protein per serve: 1.7g
Energy per serve: 1020kJ

The legendary taste of soft nougat and creamy caramel covered in thick milk chocolate all in one chocolate bar.



Mars M&M Chocolate Confectionery

Size: 49g
Sugar per serve: 30g
Protein per serve: 2g
Energy per serve: 1010kJ

This iconic chocolate favourite features milk chocolate coated in a colourful crisp shell.



Mars M&M Peanut Confectionery

Size: 49g
Sugar per serve: 25g
Protein per serve: 5g
Energy per serve: 1070kJ

M&M Peanut, a crispy colourful candy shell that surrounds milk chocolate with a peanut inside.



Mars Maltesers Teasers Bar Confectionery

Size: 35g
Sugar per serve: 19.5g
Protein per serve: 2.5g
Energy per serve: 789kJ

Crunchy little Maltesers pieces floating in creamy milk chocolate, what a little tease.



Mars Snickers Confectionery

Size: 50g
Sugar per serve: 25.6g
Protein per serve: 4.4g
Energy per serve: 1030kJ

This hunger buster chocolate bar is packed with peanuts, chewy caramel and nougat, covered in delicious milk chocolate.



Mars Twix Confectionery

Size: 50g
Sugar per serve: 24.5g
Protein per serve: 2.2g
Energy per serve: 1050kJ

The perfect mix of milk chocolate, caramel and crunchy biscuit all in one chocolate bar.



Mentos Fruit Snack

Size: 38g
Sugar per serve: 2g
Protein per serve: 0g
Energy per serve: 44kJ

Mentos Chewy Mints are offered in several refreshing flavor varieties. Mentos Fruit has a mix of strawberry, orange and lemon.



Mentos Mint Snack

Size: 38g
Sugar per serve: 1.9g
Protein per serve: 0g
Energy per serve: 44kJ

Mentos Mint Chewy Dragees.



Mount Franklin Water aHealthy Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ



A light mineral water sourced from Australia's very own natural springs. Mount Franklin has earned its well-deserved reputation for both its quality and its fresh, natural taste.

Mount Franklin Water Drinks Range

Size: 600ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 0kJ



A light mineral water sourced from Australia's very own natural springs. Mount Franklin has earned its well-deserved reputation for both its quality and its fresh, natural taste.

MRE PROTEIN SHAKE - Blueberry Cobbler 40g Protein Gym Range

Size: 500ml
Sugar per serve:
Protein per serve: 40g
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.



MRE PROTEIN SHAKE - Blueberry Cobbler 40g Protein New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten-Free.





MRE PROTEIN SHAKE - Milk Chocolate 40g Protein Gym Range

Size: 500ml
Sugar per serve:
Protein per serve: 40g
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.



MRE PROTEIN SHAKE - Milk Chocolate 40g Protein New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten-Free.

MRE PROTEIN SHAKE - Salted Caramel 40g Protein Gym Range

Size: 500ml
Sugar per serve:
Protein per serve: 40g
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.

MRE PROTEIN SHAKE - Salted Caramel 40g Protein New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten-Free.



MRE PROTEIN SHAKE - Strawberry Shortcake 40g Protein New Gym Products-2021

Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten-Free.



MRE PROTEIN SHAKE - Strawberry Shortcake 40g Protein Gym Range

Size: 500ml
Sugar per serve:
Protein per serve: 40g
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.

MRE PROTEIN SHAKE - Vanilla Milkshake 40g Protein Gym Range



Size: 500ml
Sugar per serve:
Protein per serve: 40g
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten Free.

MRE PROTEIN SHAKE - Vanilla Milkshake 40g Protein New Gym Products-2021



Size: 500ml
Sugar per serve:
Protein per serve:
Energy per serve:

MRE PROTEIN SHAKE features an ingredient profile of whole food protein sources, containing 40 Grams of Protein with Zero Sugar, Zero Lactose and Gluten-Free.

Mrs Higgins Confectionery



Size: 40g
Sugar per serve: 13.5g
Protein per serve: 1.7g
Energy per serve: 790kj

American style soft and chewy cookies in a range of sizes.

Musashi - Chocolate Protein Wafer Gym Range



Size: 40g
Sugar per serve:
Protein per serve: 11g
Energy per serve:

Musashi Protein Wafer bars are 4 layers of crisp wafer layered with a smooth next generation WPC protein cream filling & enrobed with high protein chocolate. They

Musashi - Deluxe Protein Peanut Crunch Flavour Gym Range



Size: 60g
Sugar per serve:
Protein per serve: 22g
Energy per serve:

Great for when you need your protein hit post workout or as easy protein snack on-the-go.

Musashi - High Protein Dark Choc Salted Caramel Gym Range



Size: 90g
Sugar per serve:
Protein per serve: 45g
Energy per serve:

Great for when you need your protein hit post-workout, or as a powerful nutritious snack on-the-go.

Musashi - High Protein Milk Chocolate Brownie Gym Range

Size: 90g
Sugar per serve:
Protein per serve: 45g
Energy per serve:



Great for when you need your protein hit post-workout, or as a powerful nutritious snack on-the-go.

Musashi - Protein Crisp Choc Peanut Gym Range

Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:



Protein Crisp is Musashi's best-ever tasting protein bar. Great for when you need your protein hit post-workout, or as an easy performance on the go solution.

Musashi - Protein Crisp Dark Choc Mint Gym Range

Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:



Protein Crisp is Musashi's best-ever tasting protein bar. Great for when you need your protein hit post-workout, or as an easy performance on the go solution.

Musashi - Protein Crisp Vanilla Caramel Gym Range

Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:



Protein Crisp is Musashi's best-ever tasting protein bar. Great for when you need your protein hit post-workout, or as an easy performance on the go solution.

Musashi - Protein Wafer Vanilla Gym Range

Size: 40g
Sugar per serve:
Protein per serve: 11g
Energy per serve:



Musashi Protein Wafer bars are 4 layers of crisp wafer layered with a smooth next generation WPC protein cream filling & enrobed with high protein chocolate. They

Musashi Deluxe Protein Bar New Gym Products-2021

Size: 60g
Sugar per serve:
Protein per serve:
Energy per serve:



Great for when you need your protein hit post workout or as an easy protein snack on-the-go.

Musashi Deluxe Protein Bar Gym Range

Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Great for when you need your protein hit post workout or as an easy protein snack on-the-go.



Musashi High Protein Bar New Gym Products-2021

Size: 90g
Sugar per serve:
Protein per serve:
Energy per serve:

This bar packs 45g of protein with less than 4g of carbs in a convenient, delicious chocolate coated bar with a flavoured centret.



Musashi High Protein Bar Gym Range

Size: 90g
Sugar per serve:
Protein per serve: 45g
Energy per serve:

This bar packs 45g of protein with less than 4g of carbs in a convenient, delicious chocolate coated bar with a flavoured centret.



Musashi Muscle Recovery Shake New Gym Products-2021

Size: 375mL
Sugar per serve:
Protein per serve:
Energy per serve:

Formulated with 30g protein to support muscle growth and repair, plus carbohydrates and added BCAAs.



Musashi Muscle Recovery Shake Gym Range

Size: 375mL
Sugar per serve:
Protein per serve: 30g
Energy per serve:

Formulated with 30g protein to support muscle growth and repair, plus carbohydrates and added BCAAs.



Musashi Protein Coffee Shake Gym Range

Size: 375mL
Sugar per serve:
Protein per serve: 31g
Energy per serve:

This blend of quality proteins and pure coffee bean extract is an easy way to boost your protein intake and help repair muscle.



Musashi Protein Coffee Shake
New Gym Products-2021

Size: 375mL
Sugar per serve:
Protein per serve:
Energy per serve:

This blend of quality proteins and pure coffee bean extract is an easy way to boost your protein intake and help repair muscle.



Musashi Protein Vanilla Shake
New Gym Products-2021

Size: 375mL
Sugar per serve:
Protein per serve:
Energy per serve:

This blend of quality proteins and pure vanilla extract is an easy way to boost your protein intake and help repair muscle.



Musashi Protein Vanilla Shake
Gym Range

Size: 375mL
Sugar per serve:
Protein per serve: 30.7g
Energy per serve:

This blend of quality proteins and pure vanilla extract is an easy way to boost your protein intake and help repair muscle.



Musashi Shed & Burn Shake
Gym Range

Size: 375mL
Sugar per serve:
Protein per serve: 30g
Energy per serve:

Formulated with 30g protein for muscle growth and enhanced with Carnitine and green tea extract.



Musashi Shed & Burn Shake
New Gym Products-2021

Size: 375mL
Sugar per serve:
Protein per serve:
Energy per serve:

Formulated with 30g protein for muscle growth and enhanced with Carnitine and green tea extract.



N.O. Ignition
New Gym Products-2021

Size: 250g
Sugar per serve:
Protein per serve:
Energy per serve:

An advanced, high potency, pre-workout formulation to help optimize blood flow and intensify strength, endurance and focus in every training session or competitive bout.



N.O. Ignition Gym Range

Size: 250g
Sugar per serve:
Protein per serve: 3.6g
Energy per serve:

An advanced, high potency, pre-workout formulation to help optimize blood flow and intensify strength, endurance and focus in every training session or competitive bout.



Nestle Aero Chocolate Confectionery

Size: 40g
Sugar per serve: 10.9g
Protein per serve: 1.6g
Energy per serve: 450kJ



Bubbles of milk chocolate covered with smooth milk chocolate, free from artificial colours, with 2 serves per bar.

Nestle Aero Mint Confectionery

Size: 40g
Sugar per serve: 11.9 g
Protein per serve: 1.1 g
Energy per serve: 460 kJ

Bubbly peppermint flavoured centre covered with smooth milk chocolate, free from artificial colours, with 2 serves per bar.



Nestle Chokito Confectionery

Size: 55g
Sugar per serve: 32.3g
Protein per serve: 3g
Energy per serve: 1080kJ



Chewy caramel fudge, crunchy balls and loads of chocolate. With UTZ certified sustainable cocoa.

Nestle Crunch Confectionery

Size: 45g
Sugar per serve: 23.9g
Protein per serve: 3.2g
Energy per serve: 980kJ

Rice crisps covered in smooth milk chocolate, free from artificial colours. With UTZ certified sustainable cocoa.



Nestle Kit Kat Confectionery

Size: 45g
Sugar per serve: 11.3g
Protein per serve: 1.5g
Energy per serve: 480kJ



4 Finger Milk Chocolate Bar contains 4 wafer fingers covered with smooth milk chocolate. It's the ideal treat when you're enjoying a break.

**Nestle Kit Kat
Chunky
Confectionery**

Size: 50g
Sugar per serve: 21.2g
Protein per serve: 2.6g
Energy per serve: 851kj

Contains 3 wafer chunks covered with smooth milk chocolate.



**New Gym Products-
2021
New Gym Products-2021**

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



**Nippy's - Iced
Honeycomb
Drinks Range**

Size:
Sugar per serve: 7.2g
Protein per serve: 2.7g
Energy per serve: 243kj



**Nippy's - Iced
Honeycomb
aHealthy Range**

Size:
Sugar per serve: 7.2g
Protein per serve: 2.7g
Energy per serve: 243kj



**Nippys Iced
Chocolate
aHealthy Range**

Size: 500ml
Sugar per serve: 40g
Protein per serve: 15g
Energy per serve: 1335kj

Reduced fat and gluten free.



**Nippys Iced
Chocolate
Drinks Range**

Size: 500ml
Sugar per serve: 40g
Protein per serve: 15g
Energy per serve: 1335kj

Reduced fat and gluten free.



Nippys Iced Coffee Drinks Range

Reduced fat and gluten free.

Size: 500ml
Sugar per serve: 39g
Protein per serve: 14.5g
Energy per serve: 1255kj



Nippys Iced Coffee aHealthy Range

Reduced fat and gluten free.

Size: 500ml
Sugar per serve: 39g
Protein per serve: 14.5g
Energy per serve: 1255kj



Nippys Iced Strawberry aHealthy Range

Reduced fat and gluten free.

Size: 500ml
Sugar per serve: 39.5g
Protein per serve: 14g
Energy per serve: 1230kj



Nippys Iced Strawberry Drinks Range

Reduced fat and gluten free.

Size: 500ml
Sugar per serve: 39.5g
Protein per serve: 14g
Energy per serve: 1230kj



Nutty Squirrel Blueberry Trail Mix aHealthy Range

Nothing but the finest mix of roasted nuts, delicious dried fruits & Belgian chocolate.

Size: 42g
Sugar per serve: 5.6g
Protein per serve: 6.7g
Energy per serve: 907kj



Nutty Squirrel Cranberry Trail Mix aHealthy Range

Nothing but the finest mix of Cranberries, roasted nuts, delicious dried fruits & Belgian chocolate.

Size: 42g
Sugar per serve: 8.9g
Protein per serve: 5.5g
Energy per serve: 855kj





Nutty Squirrel Roasted Cashews aHealthy Range

Size: 42g
Sugar per serve: 2g
Protein per serve: 7.3g
Energy per serve: 889kj

Nothing but the finest selection of beautifully dry roasted cashew nuts.



Optimum Nutrition - Amino Energy - RTD - Sparkling Blueberry Lemonade Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve: 0g
Energy per serve:

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.



Optimum Nutrition - Amino Energy - Sparkling Strawberry Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.



Optimum Nutrition - Amino Energy - Sparkling Watermelon New Gym Products-2021

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.



Optimum Nutrition - Amino Energy - Sparkling Watermelon Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve: 0g
Energy per serve:

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.



Optimum Nutrition Amino Energy - Sparkling Cherry Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

**Optimum Nutrition
Amino Energy -
Sparkling Grape**
Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:



Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

**Optimum Nutrition
Amino Energy -
Sparkling Peach
Belini**
Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:



Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

**Optimum Nutrition
Amino Energy -
Sparkling Green
Apple**
Gym Range

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:



Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.

**Optimum Nutrition
Pure Pre 200 - Berry**
Gym Range

Size: 60ml
Sugar per serve:
Protein per serve:
Energy per serve:



Pure Pre 200 Pre-Workout Shot with zero sugar, plus caffeine and added vitamins B6 & B12. Shots to be consumed 30 minutes before training. They are developed to get the

**Optimum Nutrition
Pure Pre 200 -
Orange**
Gym Range

Size: 60ml
Sugar per serve:
Protein per serve:
Energy per serve:

Pure Pre 200 Pre-Workout Shot with zero sugar, plus caffeine and added vitamins B6 & B12. Shots to be consumed 30 minutes before

**Optimum Nutrition
Pure Pro 35 -
Banana**
Gym Range

Size: 355ml
Sugar per serve:
Protein per serve: 35g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

**Optimum Nutrition
Pure Pro 35 -
Chocolate
Gym Range**

Size: 355ml
Sugar per serve:
Protein per serve: 35g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

**Optimum Nutrition
Pure Pro 35 - Coffee
Gym Range**

Size: 355ml
Sugar per serve:
Protein per serve: 35g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

**Optimum Nutrition
Pure Pro 35 -
Vanilla
Gym Range**

Size: 355ml
Sugar per serve:
Protein per serve: 35g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 35 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

**Optimum Nutrition
Pure Pro 50 -
Banana
Gym Range**

Size: 508ml
Sugar per serve:
Protein per serve: 50g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 50 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

**Optimum Nutrition
Pure Pro 50 -
Chocolate
Gym Range**

Size: 508ml
Sugar per serve:
Protein per serve: 50g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 50 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

**Optimum Nutrition
Pure Pro 50 -
Vanilla
Gym Range**

Size: 508ml
Sugar per serve:
Protein per serve: 50g
Energy per serve:



This delicious thick & creamy shake leaves plenty of room for 50 grams of milk and whey proteins teeming with naturally occurring Essential Amino Acids & BCAA's. That's

Palmolive roll on deodorant End of Trip



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Deodorant from Palmolive with natural Aloe Vera soothes and protects your sensitive skin.

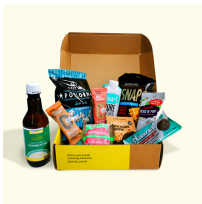
Pepsi Max Vanilla Drinks Range



Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.2g
Energy per serve: 11kj

The sugar-free version of Pepsi can now be purchased with a hint of vanilla

Pick Me Up Pack Snack Box



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Snack Proud's Pick Me Up Pack is perfect to order for remote team meetings or as a feel-good gift for staff or friends. The snacks are gluten-free, vegan friendly and all-natural. Each product is made in Australia.

Piranha Cashew Multigrain Soy Snack



Size: 80g
Sugar per serve: 1.7g
Protein per serve: 2.4g
Energy per serve: 621kj

Gluten free, no added MSG and no artificial flavours. Cooked in sunflower oil, no artificial colours, no preservatives, 100 million live & active probiotics and FODMAP friendly.

Piranha Power Pack - BBQ aHealthy Range



Size: 50g
Sugar per serve: 2.6g
Protein per serve: 7.3g
Energy per serve: 1125kj

Piranha Power Pack BBQ is a healthy vegan snack that contains a mixture of nuts, seeds, soy crisps, spices and more!

Piranha Power Pack - Cashew Blend aHealthy Range



Size: 50g
Sugar per serve: 2.8g
Protein per serve: 8.7g
Energy per serve: 1170kj

Piranha Power Pack Cashew Blend healthy snack made with nuts, seeds, soy crisps, spices and more!

Piranha Power Pack - Sea Salt
aHealthy Range



Size: 50g
Sugar per serve: 2.8g
Protein per serve: 7.2g
Energy per serve: 1125kj

Piranha Power Pack Sea Salt is a healthy mix of nuts, seeds, soy crisps, spices and more!

Piranha Power Pack - Summer Herbs
aHealthy Range



Size: 50g
Sugar per serve: 2.5g
Protein per serve: 7.3g
Energy per serve: 1120kj

Piranha Power Pack Summer Herbs is a delicious healthy snack and contains mixed nuts, seeds and soy crisps.

Piranha Power Pack - Sweet Chilli & Lime
aHealthy Range



Size: 50g
Sugar per serve: 2.5g
Protein per serve: 7.3g
Energy per serve: 1125kj

Piranha Power Pack Sweet Chilli Lime is a yummy healthy snack on the go. It contains a mixture of nuts, seeds, soy crisps, sweet chilli natural flavour, and more!

Poached Chicken & Pumpkin Cous Cous w Fresh Mint
Fresh Food



Size: 270g
Sugar per serve:
Protein per serve:
Energy per serve:

Avoid the afternoon slump with this hearty power bowl of goodness! Moroccan inspired pumpkin couscous tossed with a fresh salad mix and topped

Poached Chicken With Green Salsa, Quinoa & Bean
Fresh Food



Size: 270g
Sugar per serve:
Protein per serve:
Energy per serve:

A fresh and flavoursome salad, inspired by a Mexican burrito bowl. Toss the green salsa quinoa and beans through the fresh leaves and top with crunchy pecans, fresh

Raw C - Coconut Water Straight Up
Drinks Range



Size: 325ml
Sugar per serve: 13g
Protein per serve: <1g
Energy per serve: 322KJ

Coconut Water by Raw C is pure hydration, keeps potassium levels up, healthy vitamins and minerals, and with a great PH balance.



**Raw C - Sparkling
Blueberry &
Pomegranate
Coconut Water**
Drinks Range

Size: 400ml
Sugar per serve: 18.4g
Protein per serve: <1g
Energy per serve: 396kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



**Raw C - Sparkling
Coconut Water
Straight Up**
Drinks Range

Size: 400ml
Sugar per serve: 18g
Protein per serve: <1g
Energy per serve: 384kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



**Raw C - Sparkling
Mango Coconut
Water**
Drinks Range

Size: 400ml
Sugar per serve: 18.4g
Protein per serve: <1g
Energy per serve: 396kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



**Raw C - Sparkling
Watermelon &
Lime Coconut
Water**
Drinks Range

Size: 400ml
Sugar per serve: 18.4g
Protein per serve: <1g
Energy per serve: 392kj

Packed with essential electrolytes, rich in potassium, low in calories and full of antioxidants.



**Real Iced Tea -
Green Citrus**
Drinks Range

Size: 500ml
Sugar per serve: 32.5g
Protein per serve: <1g
Energy per serve: 555kj

Naturally brewed tea
Refreshing citrus flavour
Easy to drink



**Real Iced Tea -
Lemon**
Drinks Range

Size: 500ml
Sugar per serve: 32.5g
Protein per serve: <1g
Energy per serve: 555kj

An easy to drink iced tea which is the perfect blend of citrus and real tea brewed from real tea leaves.

**Real Iced Tea -
Mango**
Drinks Range

Size: 500ml
Sugar per serve: 34g
Protein per serve: <1g
Energy per serve: 620kj

An easy to drink iced tea which is the perfect blend of citrus and real tea brewed from real tea leaves.



**Real Iced Tea -
Peach**
Drinks Range

Size: 500ml
Sugar per serve: 34g
Protein per serve: <1g
Energy per serve: 635kj

An easy to drink iced tea which is the perfect blend of citrus and real tea brewed from real tea leaves.



Red Bull
Drinks Range

Size: 250ml
Sugar per serve: 27g
Protein per serve: 0g
Energy per serve: 485kj

Red Bull Energy Drink is a carbonated taurine drink.



Red Bull Sugar Free
Drinks Range

Size: 250ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 33kj

Red Bull Sugarfree is Red Bull Energy Drink, but sugar-free.



Red Rock Deli - Sea salt
Snack

Size: 45g
Sugar per serve: 0.3g
Protein per serve: 2.2g
Energy per serve: 573kj

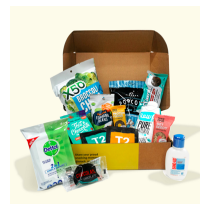
Red Rock Sea Salt, our fascination for flavour begins with the finest Australian potatoes.



Return To Work Box
Snack Box

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

When you start opening your office, put your staff's wellbeing first. This return to work snack box focused on health and hygiene with a delicious breakfast, snacks, coffee and sanitation items.



Reward Box Snack Box

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Show your appreciation with our Staff Reward Snacks Box filled with that latest and greatest healthy snacks! We can send to individuals or arrange bulk orders for all your team. This is a staff reward with wide appeal as everyone loves snacks and we cater to all dietary preferences in the box like gluten-free, dairy-free and nut-free.

Ribena Drinks Range

Size: 250ml
Sugar per serve: 25.8g
Protein per serve: <1g
Energy per serve: 445kJ



Ribena contains real fruit juice, no artificial colours, no artificial flavours and is rich in Vitamin C.

Schweppes Lemonade Drinks Range

Size: 375ml
Sugar per serve: 40.5g
Protein per serve: 0g
Energy per serve: 701kJ



Schweppes Lemonade is natural lemon flavor.

Schweppes Lemonade Zero Sugar Drinks Range

Size: 375ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 21kJ



A bespoke combination of lemon and lime oils, blended perfectly at four degrees Celsius to create a crisp, clean taste, without the calories.

Schweppes Mineral Water Lemon Lime Drinks Range

Size: 375ml
Sugar per serve: 42g
Protein per serve: 0g
Energy per serve: 728kJ



Water sourced from the finest Australia springs and add 5% real, zesty Lemon and Lime juices to create this mineral water. No added artificial colours or flavours – so

Schweppes Mineral Water Orange Mango Drinks Range

Size: 375ml
Sugar per serve: 25.9g
Protein per serve: 0g
Energy per serve: 458kJ



Water sourced from the finest Australia springs with natural colours and flavours; naturally sweetened; 50% less sugar so you can enjoy it without the guilt.

Schweppes Mountain Dew Drinks Range



Size: 375ml
Sugar per serve: 46g
Protein per serve: 0g
Energy per serve: 737kJ

Mountain Dew energised.

Schweppes Passiona Drinks Range



Size: 375ml
Sugar per serve: 41g
Protein per serve: 0
Energy per serve: 705kJ

Developed initially as a cordial syrup to reduce an oversupply of passionfruit pulp, this drink was carbonated in 1920 to make an instant classic, passionfruit

Schweppes Pepsi Drinks Range



Size: 375ml
Sugar per serve: 40.9g
Protein per serve: 0g
Energy per serve: 694kJ

Pepsi is one of the best-known, most-loved soft drinks in the world. Bold Refreshing Robust classic cola

Schweppes Pepsi Drinks Range



Size: 600ml
Sugar per serve: 44.5g
Protein per serve: 0g
Energy per serve: 712kJ

Pepsi Cola is one of the most recognisable and loved brands in Australia and around the world.

Schweppes Pepsi Max Drinks Range



Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.2g
Energy per serve: 6kJ

Pepsi Max is a great tasting cola without sugar – Maximum taste, no sugar.

Schweppes Pepsi Max Drinks Range



Size: 600ml
Sugar per serve: 0g
Protein per serve: 0.6g
Energy per serve: 10.46kJ

Pepsi Max maximum taste no sugar.



Schweppes Pepsi Max Raspberry Drinks Range

Size: 375ml
Sugar per serve: 0g
Protein per serve: 0.2g
Energy per serve: 11kJ

This product will delight consumers who seek out no sugar alternatives. The soft drinks giant created a new fruity flavour, minus the sugar.



Schweppes Solo Drinks Range

Size: 600ml
Sugar per serve: 69g
Protein per serve: 0.3g
Energy per serve: 1200kJ

Solo Original Lemon contains 5% crushed lemons and no artificial colours and flavours.



Schweppes Solo Drinks Range

Size: 375ml
Sugar per serve: 43.1g
Protein per serve: 0.2g
Energy per serve: 750kJ

Solo Original Lemon Fridge-friendly contains no artificial colours and flavours.



Schweppes Solo Zero Sugar Drinks Range

Size: 375ml
Sugar per serve: 0g
Protein per serve: 0g
Energy per serve: 26kJ

The Solo you love, now without the sugar.



Schweppes Sunkist Drinks Range

Size: 375ml
Sugar per serve: 44.3g
Protein per serve: 0g
Energy per serve: 758kJ

Sunkist contains no artificial colours or flavours.



Schweppes Traditional Raspberry Drinks Range

Size: 375ml
Sugar per serve: 42.4g
Protein per serve: 0g
Energy per serve: 731kJ

Schweppes Traditional Raspberry offers a rich taste experience. The fruity flavour and tangy effervescence deliver a ripe raspberry hit that's sure to

Smiths - Barbecue Snack

Size: 45g
Sugar per serve: 1.7g
Protein per serve: 3.8g
Energy per serve: 941.4kJ



At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.

Smiths - Cheese Onion Snack

Size: 45g
Sugar per serve: 1.4g
Protein per serve: 3.3g
Energy per serve: 1020kJ



At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.

Smiths - Chicken Snack

Size: 45g
Sugar per serve: 1.2g
Protein per serve: 3.1g
Energy per serve: 1010kJ



At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.

Smiths - Original Snack

Size: 45g
Sugar per serve: 0.4g
Protein per serve: 3g
Energy per serve: 1030kJ



At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.

Smiths - Salt Vinegar Snack

Size: 45g
Sugar per serve: 1.3g
Protein per serve: 2.9g
Energy per serve: 1000kJ



At Smith's, we believe the simple things in life are the best. Just like our Crinkle Cut Chips.

Snackbrand - Burger Rings Snack

Size: 45g
Sugar per serve: 1g
Protein per serve: 3g
Energy per serve: 1100kJ



The unique burger flavour that no other snack brand can match! Burger Rings deliver the big burger taste!

Snackbrand - Cheese and Bacon Balls Snack



Size: 45g
Sugar per serve: 2g
Protein per serve: 3g
Energy per serve: 1145kj

Cheetos Cheese & Bacon Balls, are the much loved cheesy balls that are fun for everyone.

Snackbrand - Cheezels Snack



Size: 45g
Sugar per serve: 2.1g
Protein per serve: 2.9g
Energy per serve: 1020kj

The famous cheesy, ring-shaped snack with the finger-sized hole. Baked to crispy, crunchy perfection and smothered with deliciously cheesy flavour, pop them on your fingers and eat them one-by-one.

Snackbrand - Kettle Chilli Snack



Size: 45g
Sugar per serve: 0.4g
Protein per serve: 3.4g
Energy per serve: 927kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with chillies for a bit of zing, cooked in sunflower oil and are 100% natural!

Snackbrand - Kettle Honey Soy Chicken Snack



Size: 45g
Sugar per serve: 1.5g
Protein per serve: 3.8g
Energy per serve: 1020kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with the delightful sweet and savoury blend of chicken, soy and honey. They're cooked in sunflower oil and are 100% natural!

Snackbrand - Kettle Sea Salt Snack



Size: 45g
Sugar per serve: 0g
Protein per serve: 3.4g
Energy per serve: 941kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with sea salt, cooked in sunflower oil and are 100% natural!

Snackbrand - Kettle Sea Salt and Vinegar Snack



Size: 45g
Sugar per serve: 0.7g
Protein per serve: 3.2g
Energy per serve: 909kj

Slow cooked in the unique Kettle way, these crunchy delicious potato chips are seasoned with the tangy flavours combination of sea salt & vinegar, cooked in sunflower oil and are 100% natural!

Snackbrand - Kettle Sweet Chilli and Sour Cream Snack



Size: 45g
Sugar per serve: 1.2g
Protein per serve: 3.4g
Energy per serve: 927kj

Slow cooked the unique Kettle way, these potato chips are seasoned with delicious sweet chilli, blended with sour cream from Victoria's lush and fertile Gippsland region. They're gluten free and 100% natural!

Snackbrand - Nobby's Salted Beernuts Snack



Size: 50g
Sugar per serve: 2.4g
Protein per serve: 13.9g
Energy per serve: 1290kj

Nobby's salted beer nuts.

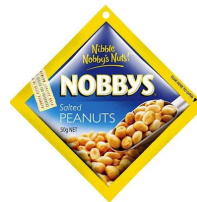
Snackbrand - Nobbys Salted Cashews Snack



Size: 50g
Sugar per serve: 16.1g
Protein per serve: 10g
Energy per serve: 2440kj

Nobby's Salted Cashews 50g are the ultimate snack to enjoy with a drink, whether you're entertaining friends, having a picnic with family or relaxing on your own

Snackbrand - Nobby's Salted Peanuts Snack



Size: 50g
Sugar per serve: 1.5g
Protein per serve: 14.6g
Energy per serve: 1230kj

Nobbys Salted Peanuts, Relaxing on your own, entertaining friends, or having a drink – it's always great to have some Nobby's.

Snackbrand CC's Tasty Cheese Snack



Size: 45g
Sugar per serve: 1.5g
Protein per serve: 3.4g
Energy per serve: 927kj

Fresh Aussie ground corn, seasoned with delicious cheddar cheese. Now with cheese baked right into the chip for even more flavour.

Southern Star - 50cm Universal bike tube End of Trip



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Keep up the maintenance of your bicycles with this premium quality bike tube, which offers a universal fit.

Southern Star - Multi function tool End of Trip

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

A accessory for cycling enthusiasts, this multi-function bike tool is a must have for regular maintenance and emergency repairs.



Sparkling Blueberry Lemonade New Gym Products-2021

Size: 12 FL OZ
Sugar per serve:
Protein per serve:
Energy per serve:

Offers a combination of 5 grams of amino acids, 100 milligrams of caffeine from natural sources, and electrolytes to support performance, endurance and active living.



Spring Valley Apple Drinks Range

Size: 350ml
Sugar per serve: 43g
Protein per serve: 0g
Energy per serve: 732kj

Spring Valley contains no artificial colours, no artificial flavours and no preservatives, and is the ideal accompaniment to lunch.



Spring Valley Orange Drinks Range

Size: 350ml
Sugar per serve: 31g
Protein per serve: 2.5g
Energy per serve: 619kj

Spring Valley contains no artificial colours, no artificial flavours and no preservatives, and is the ideal accompaniment to lunch.



Suimin - Mi Gerong Noodle Cup Snack

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Sunibrite Yoghurt - Apricot Slice Snack

Size: 80g
Sugar per serve: 30.2g
Protein per serve: 4.5g
Energy per serve: 1610kj

Sunibrite apricot & muesli yoghurt coated slice.



Sunibrite Yoghurt - Strawberry Slice Snack

Sunibrite strawberry & muesli yoghurt coated slice.



Size: 80g
Sugar per serve: 30.3g
Protein per serve: 4.7g
Energy per serve: 1580kj

Supa Essentials - Apple aHealthy Range

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Size: 350ml
Sugar per serve: 30.6g
Protein per serve: <1g
Energy per serve: 727kj

Supa Essentials - Apple Drinks Range

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Size: 350ml
Sugar per serve: 30.6g
Protein per serve: <1g
Energy per serve: 727kj

Supa Essentials - Berry Oxidant aHealthy Range

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Size: 350ml
Sugar per serve: 30.5g
Protein per serve: <1g
Energy per serve: 737kj

Supa Essentials - Berry Oxidant Drinks Range

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Size: 350ml
Sugar per serve: 30.5g
Protein per serve: <1g
Energy per serve: 737kj

Supa Essentials - Coco Power aHealthy Range

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



Size: 350ml
Sugar per serve: 27.6g
Protein per serve: <1g
Energy per serve: 696kj



**Supa Essentials -
Coco Power
Drinks Range**

Size: 350ml
Sugar per serve: 27.6g
Protein per serve: <1g
Energy per serve: 696kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



**Supa Essentials -
Green Recharge
Drinks Range**

Size: 350ml
Sugar per serve: 29.8g
Protein per serve: <1g
Energy per serve: 721kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



**Supa Essentials -
Green Recharge
aHealthy Range**

Size: 350ml
Sugar per serve: 29.8g
Protein per serve: <1g
Energy per serve: 721kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



**Supa Essentials -
Mango Magic
aHealthy Range**

Size: 350ml
Sugar per serve: 25.3g
Protein per serve: 1.3g
Energy per serve: 645kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



**Supa Essentials -
Mango Magic
Drinks Range**

Size: 350ml
Sugar per serve: 25.3g
Protein per serve: 1.3g
Energy per serve: 645kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of vitamin C and fibre.



**Supa Essentials -
Orange
aHealthy Range**

Size: 350ml
Sugar per serve: 24.6g
Protein per serve: 1.3g
Energy per serve: 613kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of Vitamin C and Fibre.



Supa Essentials - Orange Drinks Range

Size: 350ml
Sugar per serve: 24.6g
Protein per serve: 1.3g
Energy per serve: 613kJ

Each 350mL bottle contains the equivalent of at least 2.5 serves of fruit and 25% of your daily requirement of Vitamin C and Fibre.



Sweetcraft Aloe Vera Drinks Range

Size: 500ml
Sugar per serve: 22g
Protein per serve: 0g
Energy per serve: 385kJ

GreenTime's line of aloe vera infused drinks is made from juice and inner pulp straight from the aloe vera leaf. Refreshing, natural and nutritious.



Switch Nutrition Adrenal - Black Current Apple New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.



Switch Nutrition Adrenal - Black Current Apple Gym Range

Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery



Switch Nutrition Adrenal - Choc Mint New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.



Switch Nutrition Adrenal - Choc Mint Gym Range

Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery

Switch Nutrition Adrenal - Chocolate Gym Range

Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:



Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery

Switch Nutrition Adrenal - Chocolate New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.

Switch Nutrition Adrenal - Mango Gym Range

Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:



Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.

Switch Nutrition Adrenal - Mango New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.

Switch Nutrition Adrenal - Peaches Gym Range

Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:



Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.

Switch Nutrition Adrenal - Peaches New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.

**Switch Nutrition
Adrenal - Salted
Caramel**
New Gym Products-2021



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery with the perfect combination of standardised Ashwagandha, bioavailable Magnesium, Zinc, Vitamin B6, naturally occurring L-Theanine, L-Leucine and L-Glycine to help support your nutrient recovery.

**Switch Nutrition
Adrenal - Salted
Caramel
Gym Range**



Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:

Adrenal Switch is quickly becoming Australia's #1 selling vegan magnesium support formula. It is designed to SWITCH OFF your stress and SWITCH ON your recovery

**Switch Nutrition
Amino - Lemonade
Gym Range**



Size: 7g
Sugar per serve:
Protein per serve:
Energy per serve:

Amino Switch is a vegan friendly, dairy and lactose free protein alternative that contains all 9 Essential Amino Acids (EAA's) in the perfect human ratio. This ratio is designed to

**Switch Nutrition
Amino - Lemonade
New Gym Products-2021**



Size: 7g
Sugar per serve:
Protein per serve:
Energy per serve:

Amino Switch is a vegan-friendly, dairy and lactose free protein alternative that contains all 9 Essential Amino Acids (EAA's) in the perfect human ratio. This ratio is designed to help SWITCH ON muscle recovery and SWITCH OFF muscle breakdown.

**Switch Nutrition
Amino - Raspberry
New Gym Products-2021**



Size: 7g
Sugar per serve:
Protein per serve:
Energy per serve:

Amino Switch is a vegan-friendly, dairy and lactose free protein alternative that contains all 9 Essential Amino Acids (EAA's) in the perfect human ratio. This ratio is designed to help SWITCH ON muscle recovery and SWITCH OFF muscle breakdown.

**Switch Nutrition
Amino - Raspberry
Gym Range**



Size: 7g
Sugar per serve:
Protein per serve:
Energy per serve:

Amino Switch is a vegan friendly, dairy and lactose free protein alternative that contains all 9 Essential Amino Acids (EAA's) in the perfect human ratio. This ratio is designed to

**Switch Nutrition
Coffee - Cafe
Mocha
Gym Range**



Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabica Coffee Beans for that premium coffee taste. To help support your fun feels we've added

**Switch Nutrition
Coffee - Cafe
Mocha
New Gym Products-2021**



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabica Coffee Beans for that premium coffee taste. To help support your fun feels we've added the award-winning ingredient EnXtra (Alpina galanga), Lions Mane, Coffea Arabica Fruit (Neurofactor), Theobroma Cacao and Huperzia Serrata. The final step in creating a BETTER BREW is to support a BETTER YOU.

**Switch Nutrition
Coffee - Espresso
Gym Range**



Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabica Coffee Beans for that premium coffee taste. To help support your fun feels we've added

**Switch Nutrition
Coffee - Espresso
New Gym Products-2021**



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabica Coffee Beans for that premium coffee taste. To help support your fun feels we've added the award-winning ingredient EnXtra (Alpina galanga), Lions Mane, Coffea Arabica Fruit (Neurofactor), Theobroma Cacao and Huperzia Serrata. The final step in creating a BETTER BREW is to support a BETTER YOU.

**Switch Nutrition
Coffee - Naked
Espresso
New Gym Products-2021**



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabica Coffee Beans for that premium coffee taste. To help support your fun feels we've added the award-winning ingredient EnXtra (Alpina galanga), Lions Mane, Coffea Arabica Fruit (Neurofactor), Theobroma Cacao and Huperzia Serrata. The final step in creating a BETTER BREW is to support a BETTER YOU.

**Switch Nutrition
Coffee - Naked
Espresso
Gym Range**



Size: 6g
Sugar per serve:
Protein per serve:
Energy per serve:

COFFEE SWITCH uses carefully selected Colombian Single Origin Arabica Coffee Beans for that premium coffee taste. To help support your fun feels we've added

**Switch Nutrition
Snack - Choc Fudge
Brownie Bar
Gym Range**



Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut friendly organic prebiotic fibre. Snack Switch utilises the highest quality Organic Pea and Faba Protein, with the addition of naturally fermented L-Glutamine. Snack Switch combines vegan dark chocolate with roasted nuts and nut butter to achieve a deliciously chunky



**Switch Nutrition
Snack - Choc Fudge
Brownie Bar
New Gym Products-2021**

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name. Total War is a heavy-hitting pre-workout drink designed to Increase Energy, Endurance, Pumps and Mental Focus aiding you to get everything out of each workout.

**Switch Nutrition
Snack - Choc
Peanut Butter Bar
New Gym Products-2021**



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name. Total War is a heavy-hitting pre-workout drink designed to Increase Energy, Endurance, Pumps and Mental Focus aiding you to get everything out of each workout.



**Switch Nutrition
Snack - Choc
Peanut Butter Bar
Gym Range**

Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut friendly organic prebiotic fibre. Snack Switch utilises the highest quality Organic Pea and Faba Protein, with the addition of naturally fermented L-Glutamine. Snack Switch combines vegan dark chocolate with roasted nuts and nut butter to achieve a deliciously chunky

**Switch Nutrition
Snack - Chock Berry
Ripe Bar
Gym Range**



Size: 60g
Sugar per serve:
Protein per serve: 20g
Energy per serve:

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut friendly organic prebiotic fibre.



**Switch Nutrition
Snack - Chock Berry
Ripe Bar
New Gym Products-2021**

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Snack Switch is a 100% natural, delicious tasting high protein whole food bar the whole family can enjoy. It's Gluten & Dairy Free with added gut-friendly organic prebiotic fibre. Snack Switch utilises the highest quality Organic Pea and Faba Protein, with the addition of naturally fermented L-Glutamine.



Sydney Nut Sweet - Almond Cashew Cranberry
aHealthy Range

Size: 40g
Sugar per serve: 11.5g
Protein per serve: 4.8g
Energy per serve: 900kj

Almond, cashew and cranberry snack.



Sydney Nut Sweet - BBQ Toasty Corn
aHealthy Range

Size: 50g
Sugar per serve: 0g
Protein per serve: 5.2g
Energy per serve: 768kj

BBQ flavoured toasted corn.



Sydney Nut Sweet - Energy Booster
aHealthy Range

Size: 30g
Sugar per serve: 11.6g
Protein per serve: 3.3g
Energy per serve: 593kj

Peanut, paw paw, pineapple, raisin, sultana, banana and almond snack.



Sydney Nut Sweet - Sweet Chilli Peanuts
aHealthy Range

Size: 40g
Sugar per serve: 8.1g
Protein per serve: 9.2g
Energy per serve: 844kj

Peanut, honey, salt and chilli snack.



Thai Coco Pure Coconut Water
Drinks Range

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Organic coconut water.



Total War - RTD - Grape
New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name. Total War is a heavy-hitting pre-workout drink designed to Increase Energy, Endurance, Pumps and Mental Focus aiding you to get everything out of each workout.

Total War - RTD - Grape Gym Range

Size: 355ml
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed

Total War - RTD - Green Apple Gym Range

Size: 355ml
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed

Total War - RTD - Green Apple New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name. Total War is a heavy-hitting pre-workout drink designed to Increase Energy, Endurance, Pumps and Mental Focus aiding you to get everything out of each workout.

Total War - RTD - Orange Crush New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name. Total War is a heavy-hitting pre-workout drink designed to Increase Energy, Endurance, Pumps and Mental Focus aiding you to get everything out of each workout.

Total War - RTD - Orange Crush Gym Range

Size: 355ml
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed

Total War - RTD - Strawberry Mango New Gym Products-2021

Size:
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name. Total War is a heavy-hitting pre-workout drink designed to Increase Energy, Endurance, Pumps and Mental Focus aiding you to get everything out of each workout.

Total War - RTD - Strawberry Mango Gym Range

Size: 355ml
Sugar per serve:
Protein per serve:
Energy per serve:



Total War is modelled after the number 1 selling Pre - Workout and winner of best Pre - Workout of the same name.

Total War is a heavy hitting pre workout drink designed

Twisties Cheese Snack

Size: 45g
Sugar per serve: 2.6g
Protein per serve: 3g
Energy per serve: 874kJ



Delicious twisted chip covered in mouth-watering cheesy cheddar cheese flavour.

Twisties Chicken Snack

Size: 45g
Sugar per serve: 1.1g
Protein per serve: 2.3g
Energy per serve: 922kJ



Delicious twisted chip covered in mouth-watering chicken flavour.

Up & Go Banana Flavour Drinks Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 823kJ



Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

Up & Go Banana Flavour aHealthy Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 823kJ



Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

Up & Go Choc Ice aHealthy Range

Size: 500ml
Sugar per serve: 31.7g
Protein per serve: 16.5g
Energy per serve: 1630kJ



Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.

Up & Go Choc Ice Drinks Range



Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.2g
Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

Up & Go Choc Ice aHealthy Range



Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.2g
Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

Up & Go Choc Ice Drinks Range



Size: 500ml
Sugar per serve: 31.7g
Protein per serve: 16.5g
Energy per serve: 1630kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.

Up & Go Energize Choc aHealthy Range



Size: 500ml
Sugar per serve: 40g
Protein per serve: 33.5g
Energy per serve: 1730kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.

Up & Go Energize Choc Drinks Range



Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 815kJ

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

Up & Go Energize Choc Drinks Range



Size: 500ml
Sugar per serve: 40g
Protein per serve: 33.5g
Energy per serve: 1730kJ

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



Up & Go Energize Choc aHealthy Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Strawberry Drinks Range

Size: 500ml
Sugar per serve: 31.6g
Protein per serve: 16.7g
Energy per serve: 1640kj

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



Up & Go Strawberry aHealthy Range

Size: 500ml
Sugar per serve: 31.6g
Protein per serve: 16.7g
Energy per serve: 1640kj

Sanitarium's UP&GO™ liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk in every 500ml serve.



Up & Go Strawberry Drinks Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.4g
Energy per serve: 815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Strawberry aHealthy Range

Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.4g
Energy per serve: 815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.



Up & Go Vanilla Ice Drinks Range

Size: 500ml
Sugar per serve: 31.6g
Protein per serve: 16.7g
Energy per serve: 1630kj

Sanitarium's UP&GO liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk* in every 500ml serve

Up & Go Vanilla Ice aHealthy Range



Size: 500ml
Sugar per serve: 31.6g
Protein per serve: 16.7g
Energy per serve: 1630kj

Sanitarium's UP&GO liquid breakfast has the protein, energy and fibre of 4 Weet-Bix and a cup of milk* in every 500ml serve

Up & Go Vanilla Ice aHealthy Range



Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

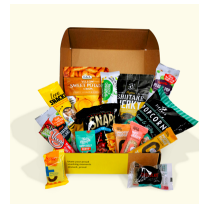
Up & Go Vanilla Ice Drinks Range



Size: 250ml
Sugar per serve: 15.8g
Protein per serve: 8.3g
Energy per serve: 815kj

Drink UP&GO™ for the right type of energy! With a low GI, protein and fibre, you'll have the right type of energy to make the most of every moment that comes your way.

Vegan Box Snack Box



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

Make your Vegan diet a whole lot more delicious, convenient and fun. The snacks are carefully selected, so you'll enjoy and indulge in the best vegan snacks.

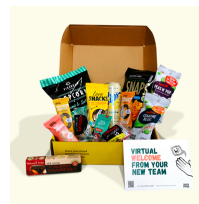
Wagon Wheels Confectionery



Size: 48g
Sugar per serve: 21g
Protein per serve: 1.8g
Energy per serve: 864kj

Consist of two round biscuits with a marshmallow centre and a touch of jam sandwiched between then covered in chocolate.

Welcome To The Team Snack Box



Size:
Sugar per serve:
Protein per serve:
Energy per serve:

There's no better way to welcome a new team member remotely, by sending them a Welcome to the Team Healthy Snack Box! This is a great way to give them a taste of your fun company culture from day one. Snack Proud's Welcome to The team box comes with a range of healthy snacks and drinks, and a gift card with your own personal note.

**Whittakers Peanut
Slab**
Confectionery

Size: 50g

Sugar per serve: 21.1g

Protein per serve: 6.6g

Energy per serve: 1120kJ



It has super smooth 33% cocoa creamy milk chocolate filled with a generous serving of crunchy roasted peanuts.