

Newget Nutritional Information

We are pleased to provide the nutritional information for our most common flavours.

White Berry Blast	50 g serving	100 g serving
Total Calories (kcal)	232	463
Fat (g)	11.1	22.3
Saturated Fat (g)	4.3	8.7
Trans Fat (g)	0.09	0.2
Cholesterol (mg)	6.7	13.4
Sodium (mg)	33	65
Carbohydrate (g)	30.2	60.4
Fibre (g)	1.4	2.8
Sugars (g)	22.5	45.1
Protein (g)	4.3	8.5

Dark Berry Blast	50 g serving	100 g serving
Total Calories (kcal)	237	474
Fat (g)	12.4	24.8
Saturated Fat (g)	4.8	9.6
Trans Fat (g)	0	0
Cholesterol (mg)	2.9	5.8
Sodium (mg)	36	73
Carbohydrate (g)	29.6	59.1
Fibre (g)	2.8	5.5
Sugars (g)	20.9	41.9
Protein (g)	3.5	7

Milk Chocolate Classic	50 g serving	100 g serving
Total Calories (kcal)	244	489
Fat (g)	13.8	27.6
Saturated Fat (g)	4.5	9
Trans Fat (g)	0	0
Cholesterol (mg)	4.5	8.9
Sodium (mg)	25	51
Carbohydrate (g)	27.4	54.8
Fibre (g)	2.1	4.3
Sugars (g)	20.9	41.7
Protein (g)	4.9	9.9

Dark Chocolate Classic	50 g serving	100 g serving
Total Calories (kcal)	248	495
Fat (g)	14.6	29.1
Saturated Fat (g)	5.1	10.2
Trans Fat (g)	0	0
Cholesterol (mg)	3	6
Sodium (mg)	37	74
Carbohydrate (g)	27	54.1
Fibre (g)	3	5.9
Sugars (g)	18.5	37.1
Protein (g)	4.4	8.8

Xpresso	50 g serving	100 g serving
Total Calories (kcal)	244	489
Fat (g)	13.8	27.6
Saturated Fat (g)	4.5	9
Trans Fat (g)	0.09	0.2
Cholesterol (mg)	6.7	13.4
Sodium (mg)	32	64
Carbohydrate (g)	26.9	53.9
Fibre (g)	1.7	3.4
Sugars (g)	20.9	41.7
Protein (g)	5.4	10.8