

VEGETARIAN LIST



The following list of products are suitable for a Lacto-Ovo Vegetarian (some products may contain egg, dairy or honey). Products in this list that are manufactured on equipment processing products containing animal derived ingredients other than eggs, dairy and honey will be specified. This information is correct at date of issue and may be subject to change. Please check the product ingredient list on labels before consuming a product.

MUSASHI SINGLE AMINO ACIDS

Acetyl L-Carnitine 50g
L-Alanine 75g
L-Arginine 75g
L-Carnitine 50g/100g
Choline Bitrate 75g
Creatine Monohydrate 350g/700g
Cysteine 75g
L-Glutamine 200g/350g/650g
Glycine 75g
Growling Dog Creatine 200g/500g/1kg
Inosine 75g
Inositol 75g
Lysine 75g
L-Methionine 75g
L-Ornithine 75g
L-Phenylalanine 75g
L-Proline 75g
Serine 75g
Taurine 75g
L-Tyrosine 75g
L-Valine 75g

MUSASHI AMINO ACID FORMULAS

Disperse 75g/250g
SLM Daily Fat Metaboliser 75g/175g
BULK Creatine Stack 715g/1.69kg
Nourish 75g/250g
Creatine Stack 750g/2kg Raspberry
Creatine Stack 750g/2kg Tropical
Create 75g/250g
Arouse 75g
Electrolyte Replacement Formula 750g
RE-ACTIVATE 500g
Elevator 750g

MUSASHI PROTEIN DRINKS

BULK UHT Milk Drink Chocolate
P30 UHT Milk Drink Chocolate/Vanilla/Sberry/Coffee
P25 Protein Water Orange
P25 Protein Water Blackcurrant

MUSASHI PROTEIN POWDERS

SLM Balanced Protein Chocolate/Vanilla
SLM Toning Protein Chocolate/Vanilla
SLM Protein W added Fat Metaboliser –All varieties
BULK Mass Gain Chocolate/Vanilla/Banana
BULK Advanced Chocolate/Vanilla
N-Force Chocolate/Vanilla
Recover (EVD) Chocolate/Vanilla
Muscle Defence (Hybrid 92) Chocolate/Vanilla
Lean (ISO8) Chocolate/Vanilla
P High Protein Chocolate/Vanilla
P Low Carb Chocolate/Vanilla
P Soy Protein Chocolate/Vanilla

MUSASHI PROTEIN BARS

BULK Protein Bar Chocolate/Berry/Banana
SLM Toning Protein Bar Choc Fudge
P10 Protein Bar Caramel Peanut
P10 Protein Bar Caramel Peanut/Cherry Coconut/Mint Crisp

HEALTHCARE NUTRITION

SUSTAGEN Hospital Formula Range
SUSTAGEN Optimum
SUSTAGEN Hospital Formula Plus Fibre
SUSTAGEN Instant Pudding
SUSTAGEN Kids Essential
SUSTAGEN Everyday
SUSTAGEN Ready to Drink
SUSTAGEN Sport
OPTIFAST VLCD Milkshakes - Vanilla and Chocolate 21 packs only
OPTIFAST VLCD Desserts - Chocolate and Lemon
OPTIFAST VLCD Bars – All varieties

INFANT NUTRITION

CERELAC Infant Cereal – All varieties
CERELAC Dairy Drink – Banana and Multifruits
NAN Comfort stage 1 & 2 Infant Formula
NAN AR Infant Formula
NAN Sensitive Infant Formula

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CEREALS

MORNING SUN MUESLI – All varieties
 PURINA Natural Bran and Toasted Muesli
 NESTLÉ MILO Duo Cereal
 NESTLÉ MILO Cereal
 NESTLÉ NESQUIK Cereal
 UNCLE TOBYS Oat Flakes
 UNCLE TOBYS Gourmet Selection – All varieties
 UNCLE TOBYS Oat Crisp – Honey and Almond
 UNCLE TOBYS Quick Oats Sachets – Original, Brown Sugar and Cinnamon, Creamy Honey, Golden Syrup, Fruit Variety, Smooth & Tasty Honey, Smooth & Tasty Vanilla, Smooth & Tasty Strawberry, Vanilla variety, Multigrain and Hi Fibre
 UNCLE TOBYS Quick Cups – All varieties
 UNCLE TOBYS Natural Style Swiss Muesli
 UNCLE TOBYS BRAN PLUS
 UNCLE TOBYS CHEERIOS
 UNCLE TOBYS CHEERIOS Honey and Oats
 UNCLE TOBYS FRUITY BITES Wildberry
 UNCLE TOBYS OAT BRITS
 UNCLE TOBYS Oats Multigrain
 UNCLE TOBYS Oats Traditional
 UNCLE TOBYS Oats Quick
 UNCLE TOBYS SHREDDED WHEAT
 UNCLE TOBYS PLUS – Antioxidants, Fibre, Muesli Flake Omega 3, Sports Lift and Protein.
 UNCLE TOBYS VITA BRITS
 UNCLE TOBYS VITA WEETIES
 UNCLE TOBYS VITA BRITS High Fibre Bites Honey
 UNCLE TOBYS Weightwise

COFFEE

NESCAFÉ Blend 43
 NESCAFÉ CAFE MENU – All varieties
 NESCAFÉ 3 in 1
 NESCAFÉ Mild Roast
 NESCAFÉ Greenblend
 NESCAFÉ Short Black
 NESCAFÉ Decaf
 NESCAFÉ Espresso
 NESCAFÉ GOLD – Original, Dark, Rich, Decaf
 NESTLÉ Coffee and Milk

BEVERAGES

NESTLÉ MILO
 NESTLÉ MILO Malt
 NESTLÉ ALPEN BLEND
 NESTLÉ Liquid COFFEE-MATE – All varieties
 NESTLÉ Powdered COFFEE-MATE
 NESTLÉ NESQUIK– Banana and Chocolate
 NESTLÉ Malted Milk Drink
 CARO Extra
 ECCO

SUGAR CONFECTIONERY

ALLEN'S COBBERS*
 ALLEN'S FANTALES*
 ALLEN'S KOOL Mints
 ALLEN'S Lollipops
 ALLEN'S SHERBIES
 ALLEN'S Milko Chews
 ALLEN'S Spearmint Leaves
 LIFESAVERS – Fizzy Cola, Strawberry Sundae, and PEP-O-MINT
 WONKA GOBSTOPPER – Chewy and Longlasting
 WONKA Red Skins Sticks 15g only
 WONKA Toffee Apple 15g only

MEDICATED CONFECTIONERY

ANTICOL Max Anaesthetic
 ANTICOL Throaties
 ANTICOL Vapour Action
 BUTTERMINTHOL – All varieties
 QUICK EZE Original
 QUICK EZE Chewy – Orange and Peppermint*
 SOOTHERS – All varieties

**This product is made on equipment that also processes products containing animal derived ingredients.*

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CHOCOLATE

CHOKITO
 NESTLÉ AERO – Mint, Milk and Caramel
 NESTLÉ CLUB – Original, Peppermint Cream, Orange and Roasted Almond
 NESTLÉ CRUNCH
 NESTLÉ GOLDEN ROUGH
 NESTLÉ KIT KAT – All varieties except Chunky 3 Caramel
 NESTLÉ MILKY BAR – All varieties
 NESTLÉ PEPPERMINT CRISP
 NESTLÉ ROLO Block

MILKS AND BAKING

CARNATION Soy Cooking Milk
 CARNATION Sweetened Condensed Milk
 CARNATION Skim Sweetened Condensed Milk
 CARNATION Creamy Evaporated Milk
 CARNATION Light & Creamy Evaporated Milk
 CARNATION Light & Creamy Coconut Evaporated Milk
 NESTLÉ Choc Bits – White, Dark, Milk, Caramel and Mini
 NESTLÉ Baking Cocoa
 NESTLÉ Cooking Chocolate
 NESTLÉ MELTS – Dark, Milk and White
 NESTLÉ PLAISTOWE Premium Dark, Premium Milk, 63% Couverture, 70% Cocoa and Premium White
 NESTLÉ PLAISTOWE Dutch Processed Cocoa
 NESTLÉ Reduced Fat Cream
 NESTLÉ SUNSHINE Instant Full Cream Powder
 NESTLÉ Top 'n' Fill Caramel

SNACKS

MAGGI FUSIAN Noodles – All varieties *
 MAGGI 2 Minute Noodles - All varieties *
 MAGGI 2 Minute Noodles 99% fat free – All Varieties *
 * *These products are made on equipment that also processes crustacean and fish products*

LIQUID SAUCES, MARINADES & CONDIMENTS

CROSSE & BLACKWELL BRANSTON Pickle
 THOMY Delikatess Mayonnaise
 MAGGI Ten Minute Marinades – Honey Soy, Teriyaki, BBQ, Satay, Portuguese#
 MAGGI Original Seasoning
 MAGGI Just One Pan – All varieties#
 MAGGI So Crispy – All varieties*#
 MAGGI So Tender – All varieties*#
 MAGGI Stir Fry Creations – All varieties#
 * *These products are made on equipment that also processes crustacean and fish product. # Please note, these products are not suitable for vegetarians when made up with additional ingredients as instructed on pack.*

NUTRITIOUS SNACKS

NESTLÉ MILO Energy Snack Bars – Original and Milk
 UNCLE TOBYS BODYWISE – All varieties
 NESTLÉ Starz Space Food Sticks – All varieties
 UNCLE TOBYS CHEWY Muesli Bar – Apricot, Choc Chip, Forest Fruit, White Choc Chip
 UNCLE TOBYS YOGHURT TOPPS Muesli Bars – Apricot, Honeycomb, Mango & Passionfruit, Raspberry and Strawberry
 UNCLE TOBYS FRUIT FIX Bars – All varieties
 UNCLE TOBYS CRUNCHY Muesli Bars - Choc Chip, Nut Crumble
 UNCLE TOBYS Microwave Popcorn – All varieties
 UNCLE TOBYS Oat Slice - Almond & Honey, Apple & Cinnamon
 UNCLE TOBYS LE SNAK – Cheddar, Tasty, French Onion
 UNCLE TOBYS ROLL UPS – All varieties

DOLCE GUSTO

DOLCE GUSTO Capsules - All varieties