



COORDINATED SAMPLING PROJECT 18 – Diet and Nutrition Products

Conducted December 2015 to February 2016 with Local Government's across Western Australia



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Local Health Authorities Analytical Committee

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Executive Summary

This Coordinated Sampling Project (CSP) focused on diet and nutrition products. The Local Health Authorities Analytical Committee (LHAAC) and Local Government Authorities (LGA's) worked in concert to execute this project. It is essential that Western Australian citizens have access to accurate nutrition information panels on diet and nutrition products in order to inform and aid in the management of health and well-being.

The purpose of this project was to assess the nutrition information panels (NIP's) of diet and nutrition products throughout Western Australia. Samples were to be assessed against the relevant standards in chapters 1 and 2 of the Food Standards Code and LHAAC sets a +/- 20% standard for accuracy for each nutrient item on the label. This project was executed through Environmental Health Officers at LGA's throughout Western Australia submitting diet and nutrition products for analysis at either Agrifood or ChemCentre from December 2015 through till February 2016.

At the end of the sampling period 167 samples were submitted by LGA's throughout Western Australia. All 167 samples had a nutrition information panel available for comparison by analysis. Of the 1280 tests applied 46% were found to be inconsistent. When analysed on a per sample rather than per nutrient basis, 98% of samples were found to contain at least one inconsistency. Carbohydrates were found to be significantly higher than the value stated on the NIP and total dietary fibre was as much as four times lower than the value stated on the NIP. There was no observed variation found between manufacturers suggesting inconsistencies may be introduced due to the sources of NIP's.

This sample was small yet diverse, and the analysis conducted has identified areas for improvement by manufacturers in order to provide consumers with accurate NIP information. Due to the volume of inconsistencies observed in this CSP there is a need for further investigation by LHAAC and follow up action by LGA's.

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List of abbreviations

Coordinated Sampling Project (CSP)
Food Standards Australia and New Zealand (FSANZ)
Food Standards Code (FSC)
Local Government Authorities (LGA)
Local Health Authorities Analytical Committee (LHAAC)

Introduction

The Australian Bureau of Statistics (ABS) found that in 2014-15 approximately 2 in 3 Australians were overweight or obese. In conjunction with this, results from the 2011-12 Australian Health Survey found that 13% of Australians aged 15 years and over were on a diet to lose weight or for some other health reason (Australian Bureau of Statistics).

The health food products available in supermarkets and individual supplement or health food retailers in Australia have not been directly assessed for NIP (NIP) accuracy. This prompted LHAAC to conduct this CSP in order to assess a range of these products throughout Western Australia against the current FSC. The accuracy of NIPs is valued by consumers and may be relied upon in supporting health related goals (Pollard, C., Daly, A., Moore, M. and Binns, C., 2013)

LHAAC works in collaboration with LGA's to aid in ensuring adherence to the FSC throughout Western Australia. One of the ways this is achieved is through CSP's. LHAAC chooses the focus for Coordinated Sampling projects (CSP's) based on routine surveillance, response to public trends and evidence of non-compliance. This CSP focused on Diet and Nutrition products. NIPs were assessed for +/-20% accuracy against analysed levels of energy, protein, fat, carbohydrate, sugar, saturated and unsaturated fat, sodium and total dietary fibre.

Methodology

A schedule of which products were to be sampled was devised and included in the sampling instructions supplied to all LGA's in order to avoid duplication of products. Since metropolitan LGA's and larger non metropolitan LGA's host the majority of supermarket outlets it was proposed that they sample the majority of the products for this CSP. If the products in the schedule could not be found by the LGA it was recommended that a substitute product be selected from the supermarket or an independent outlet, ideally one not listed elsewhere on the schedule so as to avoid duplication of samples.

LGA's were requested to review the sampling instructions provided and collect samples of the products nominated. Samples were received from December 2015 through to February 2016. The minimum sample size requested was 250g. If a sample weighed less than 250g it was requested that multiples of the sample be purchased to the weight of ≥ 250 g. Following this, samples were then submitted to Agrifood or ChemCentre (appointed analysts to LHAAC). Analysts would then carry out a nutrient analysis in accordance with the Food Standards Code chapters 1 and 2 and LHAAC's boundary of +/-20% for NIP accuracy. LGA's were requested to review the results once received from Agrifood and ChemCentre and to participate in any follow up actions for non-complying products.

Results

At the end of the sampling period 167 samples were assessed for nutrient composition and compared to the available NIP. Of the 1280 tests applied 46% (592) were found to be outside of the +/-20% range set by LHAAC as shown in Figure 1 below.

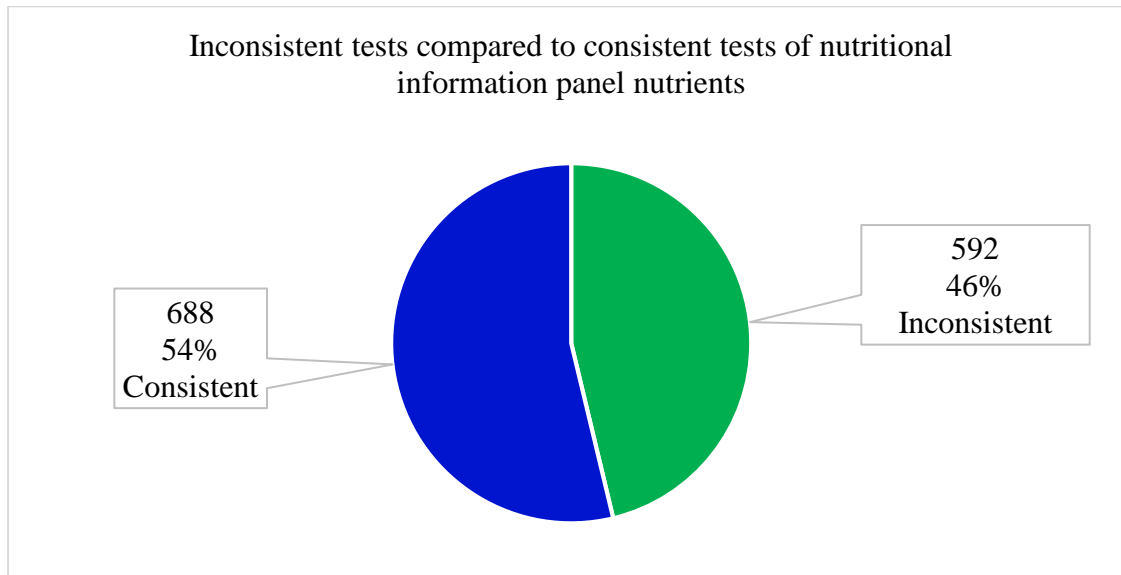


Figure 1: Inconsistent tests compared to consistent tests of NIP nutrients

In conjunction with this result, when analysing the sample on a per sample basis rather than a per nutrient basis; 98% (164) of the 167 samples were found to contain at least one inconsistency (see Figure 2 below).

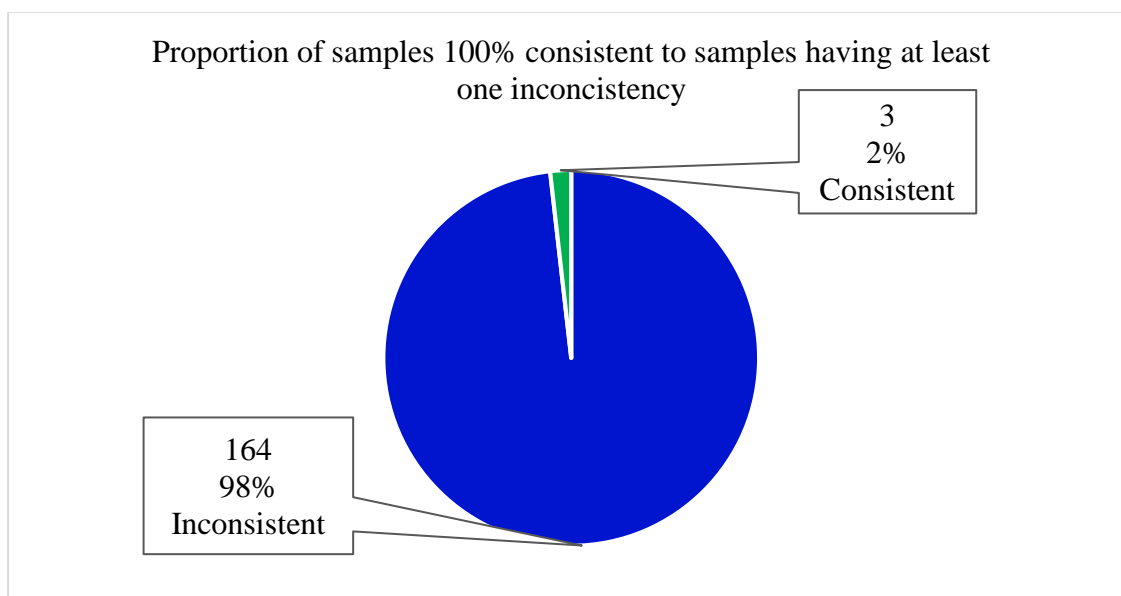


Figure 1: Proportion of samples 100% consistent compared to sample having at least one inconsistency

This prevalence of inconsistent results can be further explored by analysing the NIP data by nutrient, as seen in Figure 3 below.

Variation from Nutrient Stated on label

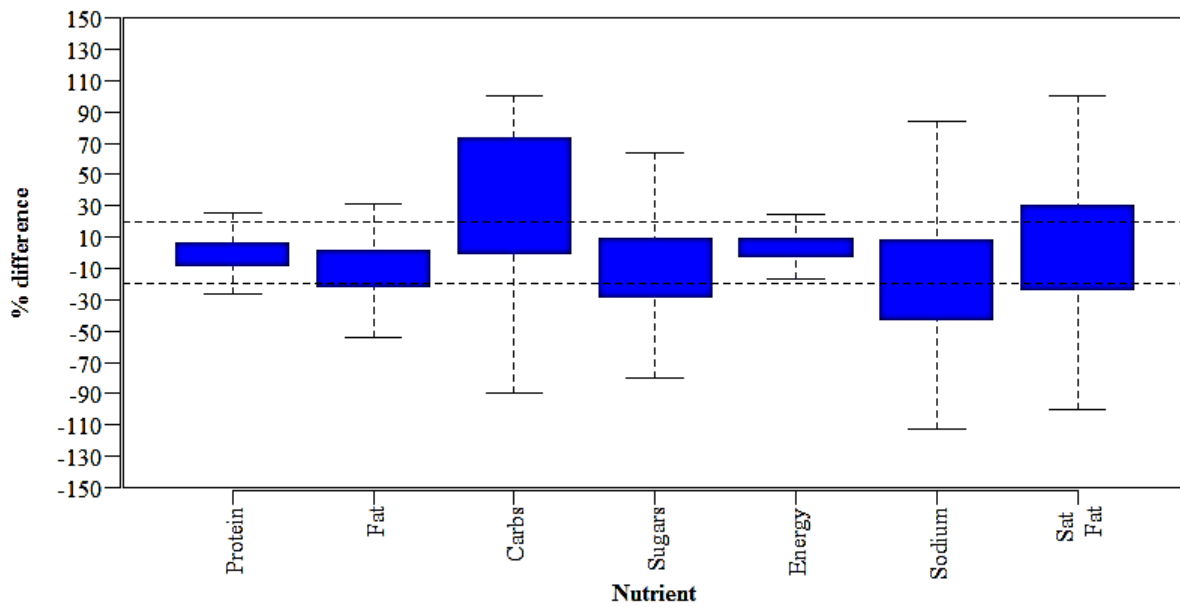


Figure 2: Variation of each nutrient from the value stated on the label. The boxes represent the interquartile range of the data and the tails represent the maximum and minimum values excluding outliers. Note: Sat Fat = Saturated Fat.

The above box plot demonstrates that most nutrients are conforming with the +/-20% allowance set by LHAAC. In this sample carbohydrate analysis appears to be consistently higher than the +/-20% range, with the maximum deviation reached being approximately 100% greater than the carbohydrate value stated on the label.

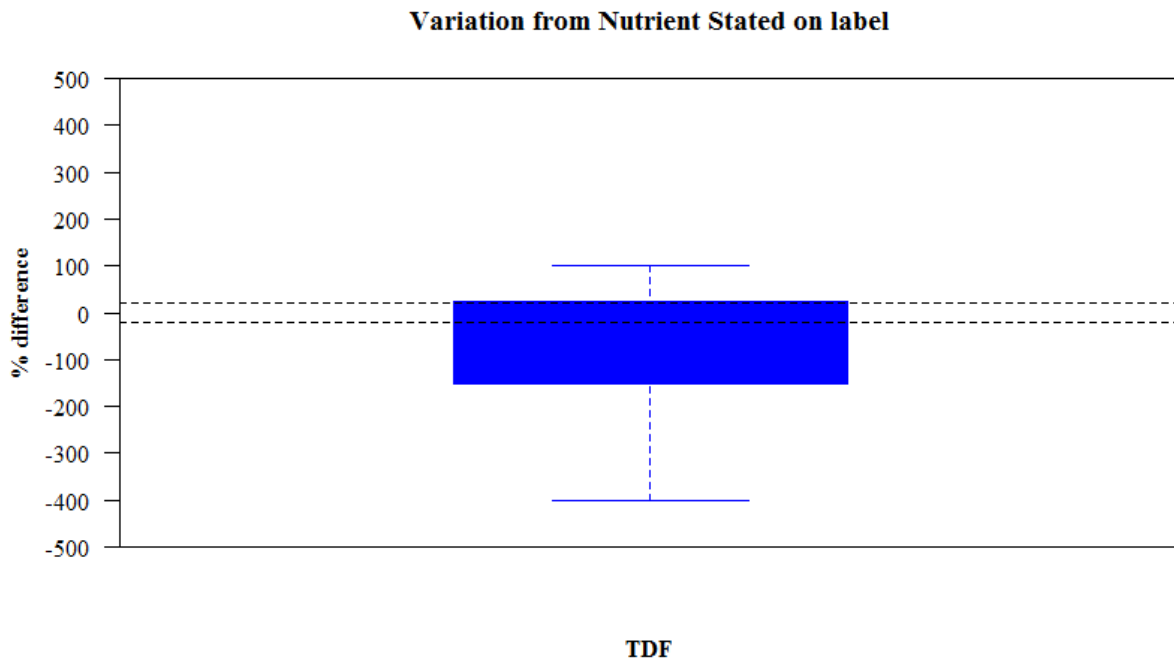


Figure 4: Variation of each nutrient from the value stated on the label. The boxes represent the interquartile range of the data and the tails represent the maximum and minimum values excluding outliers. Note: TDF = Total Dietary Fibre

This sample also showed a very significant difference in total dietary fibre in comparison to the value stated on the labels. Figure 4 above demonstrates that fibre values were up to as much as four times less than stated on the label of the analysed diet and nutrition products.

This CSP found inconsistencies per manufacturer to be uniform in non-compliance, with an average of 3.57 inconsistencies per sample per manufacturer.

Discussion

CSP 18 found there to be nearly 46% inconsistent results per test. This indicates that for a consumer purchasing these products, nearly 50% of the nutrient values stated on the label will likely be inconsistent by +/-20%. This is further exacerbated by the finding that 98% of samples contained at least one NIP inconsistency. Consumers rely on NIP's in order to inform their purchasing decisions and the observed inconsistency in this CSP calls for further investigation and follow up action by LGA's.

Figure 3 shows that these findings can be explained by the large variance in the results. All of the nutrients interquartile ranges are placed within or near to, the +/-20% allowance with the exception of carbohydrates. Carbohydrates significantly differ from the value stated on the label and this calls for further investigation and follow up action. Carbohydrates are a key nutrient of interest to consumers who are seeking diet and nutrition products and it is important that the NIP's accurately reflect the carbohydrate content of the food item in order for consumers to make informed purchasing decisions.

Finally, Figure 4 demonstrates the most significant finding of this CSP. The total dietary fibre values stated on the NIP's were found to be much higher than the analysed value. The fibre values that were analysed were as much as four times less than that stated on the NIP. High fibre intakes are important for consumers as they have been linked to lower rates of obesity, type 2 diabetes and cardiovascular disease (National Health and Medical Research Council, 2013). This again calls for further investigation and action from LGA's as this CSP found a high degree of variance to the inconsistencies identified by this CSP.

There were no significant differences found between manufacturers for prevalence of inconsistent results. This suggests that inconsistencies may be a result of poor sources for NIP information for manufacturers or a result of the limitations of this CSP.

Strengths and Limitations

Coordinated Sampling Project 18 had a number of limitations. Sampling methods could have included a greater degree of randomization in the selection of manufacturers and vendors, and the goods selected for analysis. Agrifood and ChemCentre conducted analysis with NATA accredited methods which are not discussed in this report, for further information see Appendix B.

Conclusion

Diet and nutrition products have gained increased popularity over the past decade and are becoming a significant part of the Western Australian marketplace. Consumers seeking to modify their diet for the purposes of disease or weight management rely on the NIP's of these products to inform their purchasing decisions. This CSP found there to be a significant amount of inconsistencies in the NIP's of these products. In particular carbohydrate was significantly higher in the product when analysed compared to the value stated. Fibre content was up to as much as four times lower than the value stated on the NIP. The relevant LGAs were informed of inconsistent samples and appropriate action taken to ensure the future compliance of imported food products in WA to the Food Standards Code. These findings call for further investigation by LHAAC and follow up action by LGA's throughout Western Australia to ensure that consumers have access to accurate NIP's to inform their choices in selecting food products.

Suggested action on non-complying products

To help to ensure consistent follow-up action on non-complying products the following actions were recommended:

1. Inform the retail outlet in writing that the relevant product does not comply with the Code.
2. When the manufacturer is based in WA, write to the manufacturer and the Local Government Authority in which the manufacturer is located.
3. In situations where the product is not manufactured in WA, the details of the non-compliance should be sent to the Department of Health who will pass the information to the correct enforcement agency in the State or Territory in which the manufacturer is located under the Home Jurisdiction Rule. A copy of the sample submission sheet and the results of analysis should be submitted to the Department of Health Food Unit with a description and details of the non-compliance.
4. Enforcement action can be initiated by a Local Government if the agency is not satisfied with the actions taken by the retailer and/or manufacturer for a product that does not comply with the Code. Where only the retail outlet is within the local government's area, this enforcement action can only be taken for sale of product that does not comply with the Code.

References

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Appendix A

Sampling Allocations to Local Government Authorities

STORE	PRODUCT	DETAILS	LGA TO COLLECT
COLES			
	Biggest Loser	Assorted Shakes (14 x55g)	City of Fremantle
	Body Science	Protein Bar - C & Cream	City of Fremantle
	Body Science	Protein Bar - Caramel Peanut	City of Fremantle
	Body Science	Nitrobulk M/Gain- Choc Fudge	City of Fremantle
	Celebrity Slim	Meal Repl Shake (10 pack)	City of Perth
	Celebrity Slim	Milk Shakes - Cafe Latte	City of Perth
	Celebrity Slim	Milk Shakes - Chocolate	City of Perth
	Celebrity Slim	Snack Bars	City of Perth
	Celebrity Slim	Indulgence Bars - Rapid Choc	City of South Perth
	Celebrity Slim	Meal - Apricot	City of South Perth
	Celebrity Slim	Meal - Apr, Alm & Yogurt	Shire of Kalamunda
	Celebrity Slim	7 Day Milk Shakes	City of Greater Geraldton
	Crankt	Milk Shake Choc	Shire of Murray
	Define	Women's H/P Shakes Vanilla	Shire of Murray
	Genuine	Muscle Milk Drink	Shire of Murray
	Protrium Bars	Apricot & Oats	City of South Perth
	Protrium Bars	Choc Almond	City of South Perth
	Protrium Bars	Cont Coconut	City of South Perth
	Protrium Bars	Mocho & Almond	City of South Perth
	Protrium Bars	Grent Tea & Choc Almond	City of South Perth
	SIS	Go Energy Iso Drink Blberry	Shire of Kalamunda
	SIS	Go Energy Iso Drink Lem/Lime	Shire of Kalamunda
	SIS	Go Energy Iso Drink Orange	Shire of Kalamunda
	Systemax	H/Protein Bars - Choc	Shire of Mundaring
	Systemax	H/Protein Bars - Choc Fudge	Shire of Mundaring
	Systemax	H/Protein Bars - Choc C'nut	Shire of Mundaring
	Systemax	H/Protein Bars - Choc	Shire of Mundaring
	Systemax	H/Protein Bars - Choc Car'l	Shire of Mundaring
	Systemax	H/Protein Cookie - Coc Ban	Shire of Dardanup
	Systemax	H/Protein Cookie - Salted Car	Shire of Dardanup
	Systemax	H/Protein Cookie - Choc Chip	Shire of Dardanup
	Systemax	H/Protein Drink Shake Choc	Shire of Dardanup
	Titan	Protein Bar - Van Caramel	Shire of Broome
	Titan	Protein Bar - Peanut Butter	Shire of Broome

STORE	PRODUCT	DETAILS	LGA TO COLLECT
IGA			
	Achieve	Chocolate Bar	City of Joondalup
	Achieve	Choc Mint Bar	City of Joondalup
	All Natural	Complete Cookie (Lem Popp)	City of Wanneroo
	All Natural	Complete Cookie (OM Raisin)	City of Wanneroo
	All Natural	Complete Cookie (Cooke Sn)	City of Wanneroo
	All Natural	Complete Cookie (Choc Chip)	City of Wanneroo
	Body HP Low Cal	Choc Coconut	City of Armadale
	Go Natural	Almond & Apricot GF	City of Armadale
	Go Natural	Apricot & Coconut	City of Armadale
	Go Natural	Choc Berry	City of Armadale
	Go Natural	Macadamia Crunch	City of Armadale
	Go Natural	Macaamia Divine	City of Armadale
	Go Natural	Macaamia Dream	City of Armadale
	Go Natural	Nut Delight	City of Armadale
	Go Natural	Yogurt Almond	City of Armadale
	Go Natural	Yogurt Fruit N Nut	City of Armadale
	Harvest Box Snacks	Go Bananas	City of Rockingham
	Harvest Box Snacks	Power Mix	City of Rockingham
	Harvest Box Snacks	Raw Mix	City of Rockingham
	Harvest Box Snacks	Roasted Postaccios	City of Rockingham
	Harvest Box Snacks	Super Mix	City of Rockingham
	Harvest Box Snacks	Strawberry	City of Rockingham
	Harvest Box Snacks	We love Nuts	City of Rockingham
	Harvest Box Snacks	Yo Cherry	City of Rockingham
	Luv Sum	Almond Seeed energy Bar G/F	City of Joondalup
	Luv Sum	Choc Chia & Nut Energy Bar	City of Joondalup
	Nakd	Berry Delight	City of Joondalup
	Nakd	Cashew Cookie	City of Joondalup
	Nakd	Cocoa Delight	City of Joondalup
	Nakd	Cocoa Orange	City of Joondalup
	Nakd	Ginger Bread	City of Joondalup
	Nakd	Rhubarb & Custard	City of Joondalup

STORE	PRODUCT	DETAILS	LGA TO COLLECT
	N/Org Coco Bickies	Coc Choc Milk	City of Rockingham
IGA CONT/	N/Org Coco Bickies	Ginger Biotics	City of Rockingham
	Raw Protein	Cocoa Gogi	City of Rockingham
	Raw Protein	Macad Bar	City of Rockingham
	Raw Protein	Vanilla B'berry	City of Rockingham
	Simply Raw	Lemon Macadamia Bar	City of Rockingham
	Simply Raw	Cocunut Rough Bar	City of Rockingham
	Slim Secrets	Choc Caramel Decadence Bar	City of Wanneroo
	Slim Secrets	Mintabolism Boost	City of Wanneroo
	Slim Secrets	Dairy Fibre Power	City of Wanneroo
	Superfoodie	All Day Fruit N Nut	City of Wanneroo
	Superfoodie	All Day Apple & Rasp	City of Wanneroo
	Superfoodie	All Day Coc Lime	City of Wanneroo
	Superfoodie	Ban Coc Wal Slice	City of Wanneroo
	Superfoodie	Blueberry Lemon Slice	City of Wanneroo
	Wallaby Sup Bar	Dark Choc Fruit N Nut	City of Stirling
	Wallaby Sup Bar	Mango & Passion Fruit	City of Stirling
	Wallaby Sup Bar	Yogurt Cranberry F & N	City of Stirling
	Well Naturally	H/P Bar Peppermint	City of Stirling
	Well Naturally	S/F Dark Choc	City of Stirling
	Well Naturally	SF Choc Bar Valencia Orange	City of Stirling
	Well Naturally	SF Choc Bars Jaffa Oragge	City of Stirling
	Well Naturally	SF Dark Choc Mint	City of Stirling
	Well Naturally	SF Dark Choc Alm Chip	City of Stirling
	Well Naturally	SF Milk - Fruit n nut	City of Stirling
	Well Naturally	SF Milk Creamy Milk	City of Stirling
	Well Naturally	S/F Dark Choc	City of Stirling
	Well Naturally	SF Choc Bar Valencia Orange	City of Stirling
	Well Naturally	SF Choc Bars Jaffa Oragge	City of Stirling
	Well Naturally	SF Dark Choc Mint	City of Stirling
	Well Naturally	SF Dark Choc Alm Chip	City of Stirling
	Well Naturally	SF Milk - Fruit n nut	City of Stirling
	Well Naturally	SF Milk Creamy Milk	City of Stirling
	Whey Whip	Fizzy Energy Balls Coc Fizz	City of Wanneroo
	Whey Whip	Fizzy Energy Balls Choc Pnut	City of Wanneroo

STORE	PRODUCT	DETAILS	LGA TO COLLECT
WOOLWORTHS	Activise Me Bites	Trail Mix & Oats	City of Albany
	Activise Me Bites	Coc, Almond and Cocoa	City of Albany
	Atkins Advantage	Snack Bar - Choc Brownie	City of Albany
	Atkins Advantage	Snack Bar - Choc Mint	City of Albany
	Atkins Advantage	Day Break - Capp Bar	City of Albany
	Atkins Advantage	Day Break - Choc Crisp	City of Albany
	Atkins Advantage	Day Break - Choc Haz'nut	City of Bunbury
	Atkins Advantage	Endulge Caramel Nut	City of Bunbury
	Atkins Advantage	Endulge Choc Cocoa	City of Bunbury
	Atkins Advantage	Endulge Milk Choc	City of Bunbury
	Atkins Advantage	Endulge Mint Crisp	City of Bunbury
	Atkins Advantage	Endulge Peanut Crunch	City of Bunbury
	Atkins Advantage	Endulge Caramel Nut	City of Busselton
	Atkins Advantage	Endulge Choc Cocoa	City of Busselton
	Atkins Advantage	Endulge Milk Choc	City of Busselton
	Atkins Advantage	Endulge Mint Crisp	City of Busselton
	Atkins Advantage	Endulge Peanut Crunch	City of Busselton
	Atkins Advantage	Milk Choc Shalkes	City of Busselton
	Aussie Bodies	P/Fix LC Crmy Coc & Lem	Shire of Augusta River
	Aussie Bodies	P/Fix BB Almond	Shire of Augusta River
	Aussie Bodies	P/Fix Honey Almond	Shire of Augusta River
	Aussie Bodies	Low Carb 4g - Choc Mint	Shire of Augusta River
	Aussie Bodies	Low Carb 4g - Caramel	Shire of Augusta River
	Aussie Bodies	Low Carb 4g - Choc Fudge	Shire of Augusta River
	Aussie Bodies	Low/C Mini Prot Bars - PB	City of Karratha
	Aussie Bodies	Low/C Mini Prot Bars - Rasp	City of Karratha
	Aussie Bodies	Low/C Mini Prot Bars - ChFu	City of Karratha
	Aussie Bodies	Low Carb Protein Shake - Van	City of Karratha
	Aussie Bodies	Protein Revival - Strawb	Town of Port Hedland
	Aussie Bodies	Protein Revival - Coffee	Town of Port Hedland
	Aussie Bodies	Protein Revival - Dutch Choc	Town of Port Hedland
	Aussie Bodies	100% Whey	City of Kalg Boulder
	Aussie Bodies	Protein Shake - Strawberry	City of Kalg Boulder
	Aussie Bodies	Protein Shake - Vanilla	City of Kalg Boulder
	Body Thin	Ultra L/C Bar - Choc Mint	Shire of Esperance
	Body Thin	Ultra L/C Bar - Choc Chip	Shire of Esperance
	Body Thin	Ultra L/C Bar - Double Choc	Shire of Esperance
	Body Thin	Ultra L/C Bar - White Choc	Shire of Esperance
	Body Bars	Lemon Meringue	City of Belmont
	Body Bars	Choc Nut	City of Belmont

STORE	PRODUCT	DETAILS	LGA TO COLLECT
WOOLWORTHS CONT/			
	Body Science Ess	Protein Blend - Caramel	City of Belmont
	Body Science Ess	Protein Blend - Chocolate	City of Belmont
	Body Science Ess	Protein Blend - Vanilla	City of Belmont
	Bourne	Protein Hit Almond	City of Belmont
	Bourne	Protein Ball Cocoa Mint	City of Belmont
	Bourne	Protein Bliss Coc Mac	City of Belmont
	Bourne	Protein Blast Peanut	City of Belmont
	Body Shaping	Protein Meal Swiss Choc	City of Gosnells
	BSC	Energy Gel	City of Gosnells
	Bulk	Muscle Gain Choc Peanut	City of Gosnells
	Bulk	Muscle Gain Chocolate	City of Gosnells
	Celebrity Slim	Bars - Raspberry	City of Mandurah
	Celebrity Slim	Bars - Chocolate	City of Mandurah
	Celebrity Slim	Snack Bar - Choc Caramel	City of Mandurah
	Celebrity Slim	Snack Bar - Choc Nut Delight	City of Canning
	Celebrity Slim	Bars - Latte	City of Canning
	Celebrity Slim	Bars - Vanilla	City of Canning
	Ettix	Energy Bar	City of Gosnells
	Ettix	Energy Gel - Lemon	City of Gosnells
	Ettix	Energy Gel - Lime	City of Gosnells
	Ettix	Energy Gel - Peach	City of Gosnells
	Fat Blaster	W/Loss Booster 4 Flavours	City of Subiaco
	Growling Dog	Energy Bar - Apricot	City of Subiaco
	Growling Dog	Energy Bar - Apea	City of Subiaco
	Growling Dog	Energy Bar - Chocolate	City of Subiaco
	HPLC Bar	Cocolate	City of Subiaco
	HPLC Bar	Cookies & Cream	City of Subiaco
	HPLC Bar	Caramel	City of Subiaco
	Horleys	Carbless Double Choc Fudge	City of Subiaco
	Love Me Low Carb	Nougat & Caramel	Town of Victoria Park
	Love Me Low Carb	Nougat & Chocolate	Town of Victoria Park
	Love Me Low Carb	Apple & Cinn	Town of Victoria Park
	Low Carbs	7 Day milk shakes	Town of Victoria Park
	Musashi	High Protein Choc Nut Bar	City of Vincent
	Musashi	Milk Protein - Vanilla	City of Vincent
	Musashi	Milk Protein - Banana	City of Vincent
	Musashi	Milk Protein - Café Latte	City of Vincent
	Musashi	Milk Protein - Chocolate	City of Vincent

STORE	PRODUCT	DETAILS	LGA TO COLLECT
	Musashi	P/ Protein Smoothie - Van	City of Vincent
WOOLWORTHS CONT/	Musashi	P/ Protein Smoothie - Ban	City of Vincent
	Musashi	P/ Protein Smoothie - I/Coff	City of Vincent
	Musashi	P/ Protein Smoothie - Straw	City of Vincent
	Musashi	Bulk Mass Gain Shake - Choc	City of Vincent
	Musashi	Bulk Mass Gain P/S - Choc	Town of Bassendean
	Musashi	Bulk Mass Gain P/S - Straw	Town of Bassendean
	Musashi	H/P Lean Muscle Rec - I/Choc	Town of Cambridge
	Musashi	H/P Lean Muscle Rec - C/Van	Town of Cambridge
	Muscle Milk Prot	Banana	City of Swan
	Muscle Milk Prot	Café Latte	City of Swan
	Muscle Milk Prot	Choc	City of Swan
	Muscle Milk Prot	Vanilla	City of Swan
	Natures Way	Instant Protein Drink - Nat	City of Swan
	Natures Way	Instant Protein Drink - Van	City of Swan
	Natures Way	Slim Right Accell - Choc	City of Swan
	Natures Way	Slim Right Accell - Garonia	City of Swan
	Rapid Loss	G/F Meal Replen - Banana	City of Kwinana
	Rapid Loss	G/F Meal Replen - Chocolate	City of Kwinana
	Slim Secrets	Protein Pudding - Salted Car	City of Cockburn
	Slim Secrets	Protein Pudding - Strawy	City of Cockburn
	Slim Secrets	Protein Pudding - Choc Coc't	City of Cockburn
	Slim Secrets	Snack Att - C & Cream	City of Cockburn
	Slim Secrets	Snack Att - Choc Cnut	City of Cockburn
	Slim Secrets	Snack Att - Choc Mint	City of Cockburn
	Slim Secrets	Snack Att - Double Choc	City of Cockburn
	Vital Strength	Ripped Prot/Lean Muscle	City of Cockburn
	Surfbreak	Energy Drink Choc Malt	City of Bayswater
	Swisse	Recovery Bar - Choc Mint	City of Bayswater
	Swisse	Recovery Bar - Cocunut	City of Bayswater
	Well Naturally	Mini Bars - Pepp Surp	City of Melville
	Well Naturally	Mini Bars - Banana Fudge	City of Melville
	Well Naturally	Mini Bars - Double Choc	City of Melville
	Winners	Energy Gel - Berry	City of Melville
	Winners	Energy Gel - Lemon & Lime	City of Melville
	Winners	Energy Bar - Mountain Mix	City of Melville
	Winners	Energy Bar - Choc Nut Caramel	City of Melville
	Winners	Energy Bar - Apple Berry	City of Melville
	Winners	Gym Prot Bar Choc or Choc Car	City of Melville

Appendix B

Raw Data

For further questions or inquiries about raw data contact LHAAC Co-ordinator Trevor Chapman:

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