

NUTRITION INFORMATION

Servings per pack: 20

Serving size: 45g (5 scoops)

	Per serving**	Per 100g*	% RDI per serving#
Energy	794 kJ	1764 kJ	9%
Protein	11.7 g	26 g	23%
Fat, total	4.5 g	10 g	6%
- Saturated fat	3.2 g	7 g	13%
- Trans fat	0.2 g	0.5 g	-
Carbohydrate	25 g	56 g	8%
Sugars	24 g	53 g	27%
Sodium	158 mg	350 mg	7%
Potassium	540 mg	1200 mg	-
Vitamins			
Vitamin A	189 ug RE	420 ug RE	25%
Vitamin C	19.4 mg	43 mg	49%
Vitamin D	3.6 ug	8 ug	36%
Vitamin E	4.7 mg α -TE	10.5 mg α -TE	47%
Vitamin B2	495 mcg	1.1 mg	29%
Folic acid	83 ug	185 ug	42%
Vitamin B6	405 mcg	900 mcg	25%
Minerals			
Calcium	396 mg	880 mg	50%
Iron	5 mg	11 mg	42%
Magnesium	117 mg	260 mg	37%
Zinc	3 mg	6.6 mg	25%
Additional Nutrients			
Lactoferrin	45 mg	100 mg	-
Docosahexanoic Acid (DHA)	59 mg	130 mg	-
Eicosapentaenoic Acid (EPA)	13.1 mg	29 mg	-

*Average quantity

^When prepared according to the serving suggestion, 45g [5 scoops] in 250 mL of water.

#Recommended Daily Intake (RDI) based on an average adult diet of 8,700kJ. RE: Retinol Equivalents, TE: Tocopherol Equivalents.