

FontActiv diaBest

Table: Nutritional Analysis (Per 100g and Per 52g Powder in 200ml Water)

Nutrient	Per 100g	%VRN*	Per 52g Powder in 200ml Water	%VRN
Energy (KJ)	1847	-	960	-
Energy (Kcal)	440	-	229	-
Fats (g)	16.3	-	8.5	-
Saturated Fat (g)	2.0	-	1.1	-
Monounsaturated Fat (g)	9.5	-	4.9	-
Polyunsaturated Fat (g)	4.8	-	2.5	-
ALA (mg)	1532	-	797	-
Carbohydrates (g)	49	-	25	-
Sugars (g)	7.5	-	3.9	-
Lactose (g)	<1	-	<0.05	-
Dietary Fiber (g)	-	-	-	-
FOS (g)	4.4	-	2.3	-
Resistant Dextrin (g)	4.4	-	2.3	-
Proteins (g)	20	-	10	-
Salt (g)	1.0	-	0.52	-

MINERALS

Mineral	Per 100g	%VRN	Per 52g Powder in 200ml Water	%VRN
Sodium (mg)	400	-	208	-
Potassium (mg)	660	33	343	17
Chloride (mg)	440	55	229	29
Calcium (mg)	485	61	252	32
Phosphorus (mg)	265	38	138	20
Magnesium (mg)	198	53	103	27
Iron (mg)	6.6	47	3.4	25
Zinc (mg)	5.5	55	2.9	29
Copper (µg)	0.9	88	0.5	46
Manganese (mg)	1.3	65	0.7	34
Fluoride (mg)	0.3	9	0.2	4
Selenium (µg)	31	56	16	29

AVERAGE ANALYSIS

Chromium (µg)	150	375	78	195
Molybdenum (µg)	53	106	28	55
Iodine (µg)	66.0	43	33.8	23

VITAMINS

Vitamin	Per 100g	%VRN	Per 52g Powder in 200ml Water	%VRN
Vitamin A (µg)	420	53	218	27
Vitamin D (µg)	4.9	98	2.5	50
Vitamin E (mg)	8.5	71	4.4	37
Vitamin K (µg)	30	40	16	21
Vitamin C (mg)	50	63	26	33
Thiamine (B1) (mg)	0.6	50	0.3	26
Riboflavin (B2) (mg)	0.6	39	0.3	20
Niacin (B3/PP) (mg)	6.0	38	3.1	20
Vitamin B6 (mg)	0.7	46	0.3	24
Folic Acid (B9) (µg)	110	55	57.2	29
Vitamin B12 (µg)	0.8	32	0.4	17
Biotin (µg)	33	66	17	34
Pantothenic Acid (B5) (mg)	2.8	47	1.5	24

OTHERS

Other	Per 100g	%VRN	Per 52g Powder in 200ml Water	%VRN
Choline (mg)	175	-	91	-
Inositol (mg)	400	-	208	-
Carnitine (mg)	33	-	17	-
Taurine (mg)	40	-		