

FontActiv Forte

Table: Nutritional Information for 100g, 30g in 200ml Whole Milk, and 60g in 200ml Water

Nutrient	Per 100g	30g in 200ml Whole Milk	60g in 200ml Water
Energy (kJ/kcal)	1847/441	1114/266	1108/265
Fats (g)	17	13	10
- Saturated (g)	1.6	5.4	1.0
- Monounsaturated (g)	10	4.9	6.0
- Polyunsaturated (g)	4.8	1.7	2.9
- ALA/LA (g)	1196/3030	359/909	718/1818
Carbohydrates (g)	51	25	31
- Sugars (g)	6.0	10.5	3.6
- Lactose (g)	< 0.50	8.8	< 0.30
Dietary Fiber (g)	6.2	1.9	3.7
- FOS (g)	4.9	1.5	2.9
Proteins (g)	18	12	11
Salt (g)	0.8	0.5	0.5

Table: Mineral Content (Per 100g, 30g in 200ml Whole Milk, 60g in 200ml Water)

Mineral	Per 100g	30g in 200ml Whole Milk	%VRN	60g in 200ml Water	%VRN
Sodium (g)	0.301	0.181	-	0.181	-
Potassium (mg)	650	33	26%	390	20%
Chloride (mg)	620	78	49%	372	47%
Calcium (mg)	629	79	55%	377	47%
Phosphorus (mg)	251	36	39%	150.6	22%
Magnesium (mg)	117	31	15%	70.2	19%
Iron (mg)	5.8	1.8	13%	3.5	25%
Zinc (mg)	5.0	2.3	23%	3.0	30%
Copper (mg)	680	224	22%	408	41%
Manganese (mg)	0.60	0.20	10%	0.36	18%
Selenium (µg)	22	40	200%	13	24%
Chromium (µg)	25	7.5	19%	15	38%
Molybdenum (µg)	22	6.5	13%	13	26%
Iodine (µg)	65.2	60.8	41%	39.1	26%

AVERAGE ANALYSIS

Table: Vitamin Content (Per 100g, 30g in 200ml Whole Milk, 60g in 200ml Water)

Vitamin	Per 100g	30g in 200ml Whole Milk	%VRN	60g in 200ml Water	%VRN
Vitamin A (µg RE)	460	58	25%	276	35%
Vitamin D (µg)	9.0	3.2	64%	5.4	108%
Vitamin E (mg TE)	8.0	2.6	22%	4.8	40%
Vitamin K (µg)	24	8.8	12%	14	19%
Vitamin C (mg)	55	18	23%	33	41%
Thiamine (B1) (mg)	0.82	0.33	30%	0.49	45%
Riboflavin (B2) (mg)	0.82	0.60	43%	0.49	35%
Niacin (B3/PP) (mg NE)	8.3	2.7	17%	5.0	31%
Vitamin B6 (mg)	1.0	0.34	24%	0.60	43%
Folic Acid (B9) (µg)	132	44.8	22%	79.2	40%
Vitamin B12 (µg)	1.5	1.0	40%	0.90	36%
Biotin (µg)	18	5.4	11%	11	22%
Pantothenic Acid (B5) (mg)	3.1	1.8	31%	1.9	31%

Osmolarity 192 mOsm/L Osmolality 181 mOsm/kg