

FontActiv Forte in Sachets

Table: Nutritional Values

Unit	Per 100g	Per 1 Sachet (30g)
Energy Value (kJ/kcal)	1977/473	1142/593
Fat (g)	23	7
- Saturated Fat (g)	2.2	0.7
- Monounsaturated Fat (g)	14	4.2
- Polyunsaturated Fat (g)	6.8	2.1
- Including ALA/LA (g)	1667/4202	500/1261
Carbohydrates (g)	40	12
- Sugars (g)	5.5	1.7
- Lactose (g)	< 0.50	< 0.15
Dietary Fiber (g)	6.8	2.1
- Including FOS (g)	6.8	2.1
Proteins (g)	23	7
Salt (g)	1.0	0.3

Table: Mineral Content (g/mg/µg) with %VRN

Mineral	Per 100g	Per 1 Dose (30g)	%VRN	Per 2 Doses (60g)	%VRN
Sodium (g)	417	125	-	-	-
Potassium (mg)	903	45	14%	271	14%
Chloride (mg)	865	108	32%	260	32%
Calcium (mg)	873	109	33%	262	33%
Phosphorus (mg)	348	50	15%	104	15%
Magnesium (mg)	123	33	10%	37.0	10%
Iron (mg)	7.6	54	16%	2.3	16%
Zinc (mg)	6.9	69	21%	2.1	21%
Copper (mg)	703	70	21%	211	21%
Manganese (mg)	0.84	42	13%	0.25	13%
Selenium (µg)	31	56	17%	9	17%
Chromium (µg)	35	88	26%	11	26%
Molybdenum (µg)	30	60	18%	9	18%
Iodine (µg)	90.8	62	18%	27.3	18%

Table: Vitamin Content (µg/mg) with %VRN

Vitamin	Per 100g	Per 1 Dose (30g)	%VRN	Per 2 Doses (60g)	%VRN
Vitamin A (µg RE)	642	80	24%	193	24%
Vitamin D (µg)	13	260	78%	3.9	78%
Vitamin E (mg TE)	11	93	28%	3.4	28%
Vitamin K (µg)	34	45	14%	10	14%
Vitamin C (mg)	77	96	29%	23	29%
Thiamine (B1) (mg)	1.1	100	30%	0.33	30%
Riboflavin (B2) (mg)	1.1	79	24%	0.33	24%
Niacin (B3/PP) (mg NE)	12	75	23%	3.6	23%
Vitamin B6 (mg)	1.4	100	30%	0.40	30%
Folic Acid (B9) (µg)	184	92	28%	55	28%
Vitamin B12 (µg)	2.1	84	25%	0.6	25%
Biotin (µg)	25	50	15%	8	15%
Pantothenic Acid (B5) (mg)	4.2	70	21%	1.3	21%

Osmolarity 192 mOsm/L

Osmolality 181 mOsm/kg