

FontActiv Protein Vital

Table: Nutritional Values

Unit	Per 100g Powder	Per 1 Dose (30g in 200ml Semi-Skimmed Milk)	Per 2 Doses (60g in 200ml Semi-Skimmed Milk)
Energy (kJ/kcal)	1420/335	827/196	1654/392
Fat (g)	1.2	3.5	7.0
- Saturated Fat (g)	1.0	2.1	4.2
Carbohydrates (g)	49	25	50
- of which Sugars (g)	47	25	48
Dietary Fiber (g)	1.5	0.5	1.0
Proteins (g)	31	16	32
Salt (g)	1.2	0.59	1.1

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

Mineral	Per 100g	Per 1 Dose (30g)	%VRN	Per 2 Doses (60g)	%VRN
Potassium (mg)	1517	76	80%	1602	80%
Chloride (mg)	1039	130	65%	1038	130%
Calcium (mg)	1582	198	91%	1434	179%
Phosphorus (mg)	873	125	64%	892	127%
Magnesium (mg)	215	57	24%	179	48%
Iron (mg)	15	107	33%	9.2	66%
Zinc (mg)	19	190	65%	13	130%
Copper (mg)	0.49	49	17%	0.33	33%
Manganese (mg)	0.60	30	10%	0.38	19%
Selenium (µg)	66	120	75%	82	149%
Chromium (µg)	36	90	28%	22	55%
Molybdeno (µg)	22	44	13%	13	26%
Iodine (µg)	6.11	4	18%	53.8	36%

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

Vitamin	Per 100g	Per 1 Dose (30g)	%VRN	Per 2 Doses (60g)	%VRN
Vitamin A (µg RE)	11.198	150	50%	798	100%
Vitamin D (µg)	33	660	220%	22	440%
Vitamin E (mg TE)	12	100	33%	7.8	65%
Vitamin K (µg)	130	173	52%	78	104%
Vitamin C (mg)	200	250	79%	126	158%
Thiamine (B1) (mg)	1.2	109	44%	0.96	87%
Riboflavin (B2) (mg)	1.7	121	63%	1.8	126%
Niacin (B3/PP) (mg NE)	20	125	39%	12	78%
Vitamin B6 (mg)	2.4	171	57%	1.6	114%
Folic Acid (B9) (µg)	399	200	70%	278	139%
Vitamin B12 (µg)	4.4	176	84%	4.2	168%
Biotin (µg)	18	36	11%	11	22%
Pantothenic Acid (B5) (mg)	5.9	98	30%	3.6	60%