

Nutritional analysis	Unit	Per 100 g powder	Per 250 ml serving
Energy	kJ / kcal	1869 / 432	1089 / 250
Protein (16% kcal)	g	17.4	10.1
Carbohydrate (49% kcal)	g	54	32
- Sugars	g	9.8	5.7
Total Fat (33% kcal)	g	16.3	9.5
- Saturated fatty acids	g	1.6	0.9
- Monounsaturated fatty acids	g	9.5	5.5
- Polyunsaturated fatty acids	g	2.2	1.3
Dietary fibre (2% kcal)	g	6.5	3.8
- Prebiotic Fibre	g	2.1	1.2
Sodium	mg	360	210
Vitamins			
Biotin	µg	9	5
Folic Acid	µg	96	56
Niacin	mg NE	2.4	1.4
Pantothenic acid	mg	2.1	1.2
Vitamin A	µg RE	280	163
Vitamin B1	mg	0.5	0.2
Vitamin B2	mg	0.4	0.2
Vitamin B6	mg	0.5	0.3
Vitamin B12	µg	1	0.5
Vitamin C	mg	36	21
Vitamin D	µg	3	2
Vitamin E	mg TE	7	4.1
Vitamin K1	µg	19	11
Minerals			
Choline	mg	160	93.2
Calcium	mg	344	200.4
Chloride	mg	310	180.6
Chromium	µg	11	7
Copper	mg	0.4	0.2
Iodine	µg	39	23
Iron	mg	5.6	3.3
Magnesium	mg	75	43.7
Manganese	mg	1	0.6
Molybdenum	µg	24	14
Phosphorus	mg	200	116.5
Potassium	mg	552	321.5
Selenium	µg	13	8
Zinc	mg	3.6	2.1

Osmolality: 370 mOsm/kg
NE = Niacin Equivalent

TE = Tocopherol Equivalent

RE = Retinol Equivalent