

PULVE

Nutrient Facts

Macro Nutrients

	Per 100 gram	RDA %	Per 125 Gram	RDA %	
Energy	1784 KJ 424,8 Kcal	21%**	Energy	2230 KJ 531 Kcal	27%**
Carbohydrates	48,4 g		Carbohydrates	60,5 g	
<i>Sugars</i>	0,8 g		<i>Sugars</i>	1 g	
Protein	25,2 g		Protein	31,5 g	
Fats	12,1 g		Fats	15,3 g	
Saturated	1,8 g		Saturated	2,3 g	
Mono-saturated	5,1 g		Mono-saturated	6,4 g	
Poly-unsaturated	4,7 g		Poly-unsaturated	5,9 g	
<i>Omega 3</i>	1 g		<i>Omega 3</i>	1,25 g	
<i>Omega 6</i>	2,8 g		<i>Omega 6</i>	3,5 g	
Fibres	9,4 g		Fibres	11,8 g	
Salt	0,24 mg		Salt	0,3 mg	

Vitamins

Vitamin A	160 µg	20%	Vitamin A	200 µg	25%
Vitamin D3	1 µg	20%	Vitamin D	1,25 µg	25%
Vitamin E*	5,94 mg	50%	Vitamin E*	7,40 mg	62%
Vitamin K	12,6 µg	17%	Vitamin K	15,75 µg	21%
Vitamin B1*	0,64 mg	58%	Vitamin B1*	0,80 mg	73%
Vitamin B2*	0,36 mg	25%	Vitamin B2*	0,45 mg	31%
Vitamin B3	4,26 mg	27%	Vitamin B3	5,33 mg	34%
Vitamin B5	1,2 mg	20%	Vitamin B5	1,5 mg	25%
Vitamin B6	0,28 mg	20%	Vitamin B6	0,35 mg	25%
Vitamin B8	10 µg	20%	Vitamin B8	12,5 µg	25%
Vitamin B11	44,2 µg	22%	Vitamin B11	55,25 µg	28%
Vitamin B12	0,50 µg	20%	Vitamin B12	0,625 µg	25%
Vitamin C	16 mg	20%	Vitamin C	20 mg	25%

Minerals

Calcium	170,2 mg	21%	Calcium	212,75 mg	27%
Chloride	160 mg	20%	Chloride	200 mg	25%
Niacin	3,24 mg	20%	Niacin	4,05 mg	25%
Phosphorus*	258,4 mg	37%	Phosphorus*	323 mg	46%
Iron*	4,96 mg	35%	Iron*	6,2 mg	44%
Iodine	30 µg	20%	Iodine	37,5 µg	25%
Potassium	424 mg	21%	Potassium	530 mg	27%
Copper*	0,34 mg	34%	Copper*	0,425 mg	42%
Magnesium*	97 mg	26%	Magnesium*	121,25 mg	32%
Manganese	0,4 mg	20%	Manganese	0,5 mg	25%
Molybdenum	10 µg	20%	Molybdenum	12,5 µg	25%
Selenium*	15,84 µg	29%	Selenium*	19,8 µg	36%
Zinc*	2,56 mg	26%	Zinc*	3,2 mg	32%
Chromium	8 µg	20%	Chromium	10 µg	25%
Choline	98,4 mg	***	Choline	123 mg	***

* These components are higher than RDA because they are natural nutrients coming from the oats and flaxseed.

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

*** Adequate Intakes (AIs). For all adults, the EFSA Panel sets an AI at 400 mg/day based on the average observed choline intake in healthy populations in the European Union.

Ingredients: Oat flour, pea protein, sunflower seeds, brown flaxseed, lupin protein, inulin, flavour, Sodium Selenite, Vitamin A Acetate, Manganese Sulphate Monohydrate, Vitamin B3 - Nicotinamide, Zinc Sulphate Monohydrate, Calcium Lactate Gluconate, D-Biotin, Vitamin D3, Vitamin B12, Copper Carbonate, Magnesium Oxide, Vitamin B6 - Pyridoxine Hydrochloride, Vitamin B1 - Thiamine Mononitrate, Vitamin B2 - Riboflavin HF, Vitamin E Acetate, phytomenadione, Vitamin B5 - Calcium D Pantothenate, Vitamin B9 - Folic Acid, Vitamin C - Ascorbic Acid, Potassium Iodide, Ferric Pyrophosphate, Potassium Phosphate, Chromium Chloride, Potassium Chloride, Sodium Molybdate, Choline Bitartrate, Xanthan gum, antioxidant, sucralose, sweetener (stevia).

Allergens: Gluten, lupin, wheat, legumes/pulses, maize

Our Food Qualifications



ISO 22000
Certified



www.pulve.com