**Resource 2.0**

Features and Nutritional Information

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| --- | --- | --- | --- |
|  | **Unit Of Measure** | **Avg Qty Per 237Ml**  **(1 Serve)** | **Avg Qty Per**  **100Ml (1 Litre)** |
| **ENERGY** | kcal | 475 | 2000 |
|  | kJ | 1986 | 8360 |
| **Protein** | g | 19.7 | 83 |
| **Carbohydrate** | g | 52.9 | 223 |
| **- sugars** | g | 17.8 | 75 |
| **Fat - total** | g | 20.4 | 86 |
| **- saturated** | g | 1.4 | 5.7 |
| **Dietary fibre, total** | g | 0 | 0 |
|  | | | |
| **VITAMINS** |  |  |  |
| **Vitamin A** | μg RE | 410 | 1730 |
| **Vitamin D** | µg | 5.2 | 22 |
| **Vitamin E** | mg α-TE | 7.1 | 30 |
| **Vitamin K** | µg | 28 | 120 |
| **Vitamin C** | mg | 33 | 140 |
| **Folic Acid** | µg | 95 | 400 |
| **Thiamin** | µg | 0.66 | 2.8 |
| **Niacin** | mg NE | 4.7 | 20 |
| **Riboflavin** | µg | 0.62 | 2.6 |
| **Vitamin B6** | mg | 0.71 | 3.0 |
| **Vitamin B12** | µg | 1.92 | 8.1 |
| **Choline** | mg | 140 | 590 |
| **Biotin** | µg | 15.9 | 67 |
| **Pantothenic Acid** | mg | 1.92 | 8 |
|  | | | |
| **MINERALS** |  |  |  |
| **Sodium** | mg | 164 | 690 |
| **Potassium** | mg | 474 | 2000 |
| **Chloride** | mg | 360 | 1520 |
| **Calcium** | mg | 231 | 970 |
| **Phosphorous** | mg | 223 | 940 |
| **Magnesium** | mg | 71 | 300 |
| **Iodine** | µg | 47 | 200 |
| **Manganese** | µg | 818 | 3450 |
| **Copper** | mg | 0.71 | 3 |
| **Zinc** | mg | 4.7 | 20 |
| **Iron** | mg | 5.7 | 24 |
| **Selenium** | µg | 28.9 | 122 |
| **Chromium** | µg | 28.9 | 122 |
| **Molybdenum** | µg | 40 | 170 |

Ingredients

**Ingredients:** Water, Glucose Syrup, Calcium and Sodium Caseinates (Milk), Rapeseed Oil, Sucrose, Minerals (Potassium Phosphate, Potassium Chloride, Sodium Citrate, Magnesium Oxide, Potassium Citrate, Sodium Chloride, Calcium Potassium, Ferrous Sulphate, Zinc Sulphate, Manganese Sulphate, Copper Sulphate, Chromium Chloride, Sodium Molydbate, Sodium Selenate, Potassium Iodide), Emulsifier (Soy Lecithin), Stablizers (E460, E466), Acidity Regulator (E330), Choline Chloride, Vitamins (C, E, Nicotinamide, Calcium Pantothenate, B6, B1, B2, A, Folic Acid, K1, Biotin, D3, B12), Natural and Artificial Flavourings. Contains Milk and Soy.