

VITAFOS CARE

Nutrient	Amount per Serving	% Daily Value per Serving	Amount per 100g
Calories	230 kcal	10%	440 kcal
	964 kJ		1844 kJ
Total Fat	8g	10%	16g
- Saturated Fat	1.5g	8%	2.5g
- Trans Fat	0g	0%	0g
- Monounsaturated Fat	4g	9%	7g
- Polyunsaturated Fat	2.5g	5%	5g
Cholesterol	0mg	0%	0mg
Linoleic Acid	1466mg		2820mg
α -Linolenic Acid	562mg		1080mg
Sodium	210mg	8%	400mg
Potassium	340mg	10%	660mg
Total Carbohydrates	26g	8%	50g
- Sugars	4g	7%	7g
Dietary Fiber	5g	20%	9g
- Soluble Fiber (FOS)	2.5g		5g
Resistant Starch	2.5g		5g
Protein	10g	20%	20g
VITAMINS			
Vitamin A	230 μ g	29%	450 μ g
Vitamin C	30mg	30%	55mg
Folic Acid	70 μ g	20%	130 μ g
Pantothenic Acid	1.9mg	40%	3.6mg
Vitamin B6	0.6mg	45%	1.2mg
Vitamin B12	1 μ g	40%	2 μ g
Vitamin D	2.7 μ g	50%	5.1 μ g
Vitamin E	4.8mg	50%	9.3mg
Vitamin K	15 μ g	25%	32 μ g
Vitamin B1	0.4mg	35%	0.77mg
Vitamin B2	0.5mg	40%	0.92mg
Niacin	4.5mg	30%	8.6mg
Biotin	20 μ g	70%	42 μ g
MINERALS			
Calcium	260mg	26%	500mg
Iron	3.4mg	24%	6.6mg
Copper	0.5mg	60%	0.89mg
Chloride	230mg		440mg
Chromium	55 μ g	50%	110 μ g
Phosphorus	160mg	25%	300mg

Manganese	0.7mg	25%	1.3mg
Magnesium	105mg	35%	200mg
Molybdenum	30µg	70%	60µg
Selenium	20µg	35%	35µg
Iodine	40µg	25%	80µg
Zinc	2.9mg	25%	5.5mg
OTHER NUTRIENTS			
Choline	105mg		200mg
Taurine	25mg		45mg
Inositol	210mg		400mg
L-Carnitine	20mg		40mg
Lactic Ferments	1 x 10 ⁹ CFU		-

Percent Daily Values are based on a diet of 2000 calories. Your daily values may be higher or lower depending on your calorie needs.