

Nutritional Information

Average Values	Per 100ml	‡Per 325ml
Energy (kJ)	263	854
Energy (kcal)	63	204
Fat (g)	1.6	5.3
of which saturates (g)	0.3	1.1
Carbohydrate (g)	6.6	21.6
of which sugars (g)	3.9	12.8
Fibre (g)	1.5	4.9
Protein (g)	4.6	15
Salt (g)	0.16	0.53
Sodium (g)	0.05	
Vitamin A (µg)	64.6	210
Vitamin D (µg)	0.46	1.5
Vitamin E (mg)	0.92	3
Vitamin C (mg)	4.15	13.5
Thiamin (B1) (mg)	0.1	0.33
Riboflavin (B2) (mg)	0.15	0.48
Niacin (mg)	1.66	5.4
Vitamin B6 (mg)	0.14	0.45
Folic Acid (µg)	18.5	60
Vitamin B12 (µg)	0.13	0.42
Biotin (µg)	1.38	4.5
Pantothenic acid (mg)	0.28	0.9
Potassium (mg)	154	500
Calcium (mg)	138	449
Phosphorus (mg)	104	338
Iron (mg)	1.48	4.8
Magnesium (mg)	13.8	45
Zinc (mg)	0.88	2.85
Copper (mg)	0.1	16.5
Manganese (mg)	0.09	0.16
Selenium (µg)	5	0.3
Iodine (µg)	20.5	66.6

1 bottle‡ = 1 serving