

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 | 0.16 |
| 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 | 0.33 |
| Manganese (mg) | 0.09 | 0.3 |
| Selenium (µg) | 5 | 16.5 |
| Iodine (µg) | 20.5 | 66.6 |

1 bottle‡ = 1 serving