

PaediaSure Shake Chocolate Flavour - Nutrition Information - Typical Values\*\*\*

NUTRIENT	Unit	100 ml	225 ml	RNI per serving (%)			
				Adults	1-3 years	4-6 years	7-10 years
Energy	kJ	421	948				
	kcal	100	226				
Fat	g	3.9	8.7				
of which saturates	g	0.7	1.6				
of which linolenic acid	mg	149	334				
of which linoleic acid	g	0.9	1.9				
of which DHA**	mg	4.5	10				
Carbohydrate	g	13	29.2				
of which sugars	g	5.0	11				
Fibre	g	0.7	1.6				
of which FOS*	g	0.4	1				
Protein	g	3.0	6.8	14%	47%	35%	24%
Salt	g	0.14	0.31				

**VITAMINS**

Vitamin A	mcg RE	56	125	16%	31%	31%	25%
Vitamin D <sub>3</sub>	mcg	2.0	4.6	92%	66%		
Vitamin E	mg a-TE	1.6	3.5	29%	117%	117%	117%
Vitamin K <sub>1</sub>	mcg	5.5	12	16%	120%	120%	120%
Vitamin C	mg	10	23	29%	77%	77%	77%
Folic Acid	mcg	25	57	29%	81%	57%	38%
Vitamin B <sub>1</sub>	mg	0.28	0.64	58%	128%	91%	91%
Vitamin B <sub>2</sub>	mg	0.21	0.48	34%	80%	60%	48%
Vitamin B <sub>6</sub>	mg	0.26	0.59	42%	84%	66%	59%
Vitamin B <sub>12</sub>	mcg	0.30	0.68	27%	136%	85%	68%
Niacin	mg NE	1.4	3.1	19%	39%	28%	26%
Pantothenic acid	mg	0.71	1.6	27%	94%	94%	94%
Biotin	mcg	2.0	4.6	9%	46%	46%	46%

**MINERALS**

Potassium	mg	186	418	21%	52%	38%	21%
Chloride	mg	96	216	27%	27%	20%	12%
Calcium	mg	101	228	29%	65%	51%	41%
Phosphorus	mg	85	191	27%	71%	55%	42%
Magnesium	mg	20	45	12%	53%	38%	23%
Iron	mg	1.6	3.5	25%	51%	57%	40%
Zinc	mg	0.70	1.5	15%	30%	23%	21%
Manganese	mg	0.18	0.41	21%			
Copper	mg	0.09	0.21	21%	53%	35%	30%
Iodine	mcg	9.8	22	15%	31%	22%	20%
Selenium	mcg	3.2	7.3	13%	49%	37%	24%
Chromium	mcg	5.7	13	33%			
Molybdenum	mcg	4.4	9.8	20%			

\* Fructo-oligosaccharides

\*\* Docosahexaenoic acid

\*\*\* Prepared as directed. Reference nutrient intake (RNIs) given where defined.