

PaediaSure Shake Vanilla 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	422	949				
	kcal	100	226				
Fat	g	3.9	8.8				
of which saturates	g	0.7	1.6				
of which linolenic acid	mg	151	340				
of which linoleic acid	g	0.9	1.9				
of which DHA**	mg	4.4	10				
Carbohydrate	g	13.1	29.4				
of which sugars	g	5.0	11				
Fibre (FOS*)	g	0.5	1.0				
Protein	g	3.0	6.8	13%	46%	34%	24%
Salt	g	0.15	0.33				
VITAMINS							
Vitamin A	mcg RE	60	135	17%	34%	34%	27%
Vitamin D ₃	mcg	2.0	4.5	90%	64%		
Vitamin E	mg a-TE	1.6	3.5	29%	117%	117%	117%
Vitamin K ₁	mcg	5.4	12	16%	120%	120%	120%
Vitamin C	mg	10	23	29%	77%	77%	77%
Folic Acid	mcg	25	56	28%	80%	56%	37%
Vitamin B ₁	mg	0.28	0.63	57%	126%	90%	90%
Vitamin B ₂	mg	0.21	0.48	34%	80%	60%	48%
Vitamin B ₆	mg	0.26	0.59	42%	84%	66%	59%
Vitamin B ₁₂	mcg	0.30	0.68	27%	136%	85%	68%
Niacin	mg NE	1.4	3.1	19%	39%	28%	26%
Pantothenic acid	mg	0.70	1.6	27%	94%	94%	94%
Biotin	mcg	2.0	4.5	9%	45%	45%	45%
MINERALS							
Potassium	mg	153	345	17%	43%	31%	17%
Chloride	mg	101	228	29%	29%	21%	13%
Calcium	mg	100	225	28%	64%	50%	41%
Phosphorus	mg	84	189	27%	70%	54%	42%
Magnesium	mg	16	36	10%	42%	30%	18%
Iron	mg	1.4	3.1	22%	45%	51%	36%
Zinc	mg	0.67	1.5	15%	30%	23%	21%
Manganese	mg	0.15	0.34	17%			
Copper	mg	0.07	0.15	15%	38%	25%	21%
Iodine	mcg	9.7	22	15%	31%	22%	20%
Selenium	mcg	3.2	7.2	13%	48%	36%	24%
Chromium	mcg	3.0	6.8	17%			
Molybdenum	mcg	4.0	9.0	18%			

* Fructo-oligosaccharides

** Docosahexaenoic acid

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