

## Typical Nutritional Information

NUTRIENT	%RDA/AI per 100g**	Per 100g serving	unit
Energy	*	1706 (404)	kJ(kcal)
Protein	36%	20.5	g
Glycemic Carbohydrate	*	58.5	g
<i>Of Which Total Sugar</i>	*	15	g
Total Fat	*	9.8	g
<i>Trans Fatty Acids</i>	*	0.0	g
<i>Saturated Fat</i>	*	2.9	g
<i>Monounsaturated Fat</i>	*	3.5	g
<i>Polyunsaturated Fat</i>	*	3.4	g
Omega-3 Fatty Acid	50%	500	mg
Omega-6 Fatty Acid	*	3500	mg
Cholesterol	*	0.0	mg
Lecithin	*	500	mg
Dietary Fibre	24%	6.1	g
Inulin (prebiotic)	*	500	mg
<b>MINERALS</b>			
Calcium	34%	337.3	mg
Copper	49%	440.0	µg
Iodine	100%	150.0	µg
Iron	100%	14.0	mg
Magnesium	18%	56.1	mg
Manganese	42%	0.8	mg
Phosphorus	34%	246.8	mg
Potassium	10%	455.1	mg
Selenium	100%	200.0	µg
Sodium	19%	283.9	mg
Zinc	100%	15.0	mg
<b>VITAMINS</b>			
Vitamin A (Retinol)	100%	1000.0	µg
Vitamin B Complex			
B1 (Thiamine)	100%	1.4	mg
B2 (Riboflavin)	100%	1.6	mg
B3 (Nicotinic Acid)	100%	18.0	mg
B5 (Pantothenic Acid)	100%	6.0	mg
B6 (Pyridoxine)	100%	2.0	mg
B9 (Folic Acid)	50%	200.0	µg
B12 (Cobalamin)	42%	1.0	µg
Vitamin C (Ascorbic Acid)	80%	60.0	mg
Vitamin D (Cholecalciferol)	100%	5.0	µg
Vitamin E (Tocopherol)	67%	10.0	mg
Vitamin H (Biotin)	100%	100.0	µg
<b>IMMUNE SUPPORT</b>			
MODUCARE®	*	50000	µg
<b>AMINO ACIDS</b>			
Alanine	*	1110	mg
Arginine	*	1190	mg
Aspartic Acid	*	1480	mg
Cysteine	*	190	mg
Glutamic Acid	*	2830	mg
Glutamine	*	1649	mg
Glycine	*	660	mg
Histidine	*	550	mg
Isoleucine***	*	760	mg
Leucine***	*	1360	mg
Lysine***	*	1110	mg
Methionine***	*	390	mg
Phenylalanine***	*	970	mg
Proline	*	1070	mg
Serine	*	810	mg
Threonine***	*	760	mg
Tryptophan***	*	360	mg
Tyrosine	*	1050	mg
Valine***	*	850	mg

\*\*\* Essential amino acids which cannot be made by the body

\* Recommended Daily Allowance (RDA) & Adequate Intake (AI) not determined

\*\* RDA / AI for persons 9 years & older, percentage calculated on lowest value in the range for this age group. Based on Institute of Medicine, The National Academies 1998 - 2011

### ALLERGENS

Soya & Sodium Caseinate (Milk Protein)

**INGREDIENTS:** Exfoliated Maize, Micronized Soy Protein, Sucrose, Vegetable Oil, Soy Isolate (ISP), Soy Fibre, Lecithin, Inulin, Moducare, Vitamins & Minerals as listed above.