**Resource Protein**

and Nutritional Information

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| --- | --- | --- | --- | --- |
|  | **Unit Of Measure** | **Avg Qty Per****60Ml** | **Avg Qty Per 200Ml****(1 Serve)** | **Avg Qty Per****1000Ml****(1 Litre)** |
| **ENERGY** | kcal | 75 | 250 | 1250 |
|  | kJ | 317 | 1054 | 5270 |
| **Protein** | g | 5.6 | 18.8 | 94 |
| **Carbohydrate** | g | 8.4 | 28 | 140 |
| **- sugars** | g | 3.9 | 13 | 65 |
| **Fat - total** | g | 2.1 | 7 | 35 |
| **- saturated** | g | 0.3 | 1 | 5 |
| **- monounsaturated** | g | 1.3 | 4.2 | 21 |
| **- polyunsaturated** | g | 0.5 | 1.8 | 9 |
| **Dietary fibre, total** | g | 0 | 0 | 0 |
|   |
| **VITAMINS** |  |  |  |  |
| **Vitamin A** | µg | 72 | 240 | 1200 |
| **Vitamin D** | µg | 0.8 | 2.6 | 13 |
| **Vitamin E** | mg | 1.5 | 5 | 25 |
| **Vitamin K** | µg | 5.1 | 17 | 85 |
| **Vitamin C** | mg | 7.8 | 26 | 130 |
| **Folic Acid** | µg | 24 | 80 | 300 |
| **Thiamin** | µg | 0.1 | 0.36 | 1.8 |
| **Niacin** | mg | 1 | 3.4 | 17 |
| **Riboflavin** | µg | 0.15 | 0.5 | 2.5 |
| **Vitamin B6** | mg | 0.17 | 0,56 | 2.8 |
| **Vitamin B12** | µg | 0.5 | 1.7 | 8.5 |
| **Biotine** | µg | 3.3 | 11 | 55 |
| **Pantothenic Acid** | mg | 0.45 | 1.5 | 7.5 |
| **MINERALS** |  |  |  |  |
| **Sodium** | mg (mmol) | 48 (2.1) | 160 (6.9) | 800 (35) |
| **Potassium** | mg (mmol) | 99 (2.6) | 330 (8.5) | 1650 (42) |
| **Chloride** | mg (mmol) | 60 (1.7) | 200 (5.6) | 1000 (28) |
| **Calcium** | mg | 72 | 240 | 1200 |
| **Phosphorous** | mg | 60 | 200 | 1000 |
| **Magnesium** | mg | 14 | 46 | 230 |
| **Iodine** | µg | 12 | 40 | 200 |
| **Manganese** | µg | 0.17 | 0.56 | 2.8 |
| **Copper** | µg | 0.09 | 0.3 | 1.5 |
| **Zinc** | mg | 0.8 | 2.6 | 13 |
| **Iron** | mg | 0.9 | 3 | 15 |
| **Selenium** | µg | 4.5 | 15 | 75 |
| **Chromium** | µg | 4.2 | 14 | 70 |
| **Molybdenum** | µg | 8.4 | 28 | 140 |
| **Fluoride** | µg | 0.07 | 0.24 | 1.2     |

Ingredients

**Ingredients:** Vanilla flavour: Water, Milk protein, Glucose syrup, Sucrose, Vegetable oil, Minerals (Potassium chloride, Potassium citrate, Sodium citrate, Magnesium citrate, Magnesium oxide, Ferrous sulphate, Zinc sulphate, Manganese sulphate, Copper sulphate, Sodium fluoride, Chromium chloride, Sodium molybdate, Potassium iodide, Sodium selenite), Emulsifier (471), Flavouring, Starch, Vitamins (C, E, Nicotinamide, Pantothenic acid, B6, A, B1 (Thiamin), B2 (Riboflavin), Folic acid, K1, Biotin, D3), Stabiliser (407), Acidity regulator (525).