



**Average per 100mL as prepared
(12.9g + 90mL water)**

Energy	280	kJ
Protein	1.3	g
65% Whey	0.87	g
of which alpha-lactalbumin	0.24	g
35% Casein	0.47	g
Fat	3.6	g

Omega 3

DHA	7.1	mg
α-Linolenic Acid (ALA)	68	mg

Omega 6

AA	12	mg
Linoleic Acid (LA)	643	mg

Carbohydrate	7.3	g
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Vitamins

Vitamin A	66	µg
Beta-Carotene (RE)	2.5	µg
Vitamin B ₁	100	µg
Vitamin B ₂	110	µg
Vitamin B ₆	55	µg
Vitamin B ₁₂	0.18	µg
Vitamin C	9.0	mg
Vitamin D	1.2	µg
Vitamin E (TE)	0.74	mg
Vitamin K	6.7	µg
Biotin	2.0	µg
Choline	10	mg
Folate	11	µg
Niacin	500	µg
Pantothenic Acid	350	µg
Inositol	4.5	mg

Minerals

Calcium	45	mg
Chloride	43	mg
Copper	46	µg
Iodine	15	µg
Iron	0.80	mg
Magnesium	5.0	mg
Manganese	5.0	µg
Phosphorus	25.7	mg
Potassium	67	mg
Selenium	2.0	µg
Sodium	16	mg
Zinc	0.60	mg

Lutein	5.8	µg
Nucleotides	2.6	mg
Taurine	4.7	mg
L-Carnitine	1.0	mg

**Average per 100mL as prepared
(12.7g + 90.5mL water)**

Energy	277	kJ
Protein	1.28	g
65% Whey	0.83	g
of which alpha-lactalbumin	0.34	g
35% Casein	0.45	g
Fat	3.60	g

sn-2 Palmitate

334 mg

Omega 3

DHA	12	mg
α-Linolenic Acid (ALA)	67.5	mg

Omega 6

AA	12	mg
Linoleic Acid (LA)	643	mg

Carbohydrate	7.18	g
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Vitamins

Vitamin A	60	µg
Vitamin B ₁	100	µg
Vitamin B ₂	110	µg
Vitamin B ₆	55	µg
Vitamin B ₁₂	0.18	µg
Vitamin C	9.0	mg
Vitamin D	1.2	µg
Vitamin E	0.74	mg
Vitamin K	6.7	µg
Biotin	2.0	µg
Choline	10	mg
Folate	11	µg
Niacin	500	µg
Pantothenic Acid	350	µg
Inositol	4.5	mg

Minerals

Calcium	45	mg
Chloride	43	mg
Copper	46	µg
Iodine	15	µg
Iron	0.80	mg
Magnesium	5.0	mg
Manganese	5.0	µg
Phosphorus	26	mg
Potassium	67	mg
Selenium	2.0	µg
Sodium	16	mg
Zinc	0.60	mg

Lutein	9.6	µg
Nucleotides	2.6	mg
Taurine	4.7	mg
L-Carnitine	1.0	mg