



**Average per 100mL as prepared
(13.0g + 90mL water)**

Energy	275	kJ
Protein	2.0	g
40% Whey	0.80	g
60% Casein	1.2	g
Fat	3.2	g

Omega 3

DHA	3.5	mg
α-Linolenic Acid (ALA)	59	mg

Omega 6

AA	5.3	mg
Linoleic Acid (LA)	563	mg

Carbohydrate	7.2	g
--------------	-----	---

Vitamins

Vitamin A	61	µg
Beta-Carotene (RE)	2.5	µg
Vitamin B ₁	51	µg
Vitamin B ₂	173	µg
Vitamin B ₆	40	µg
Vitamin B ₁₂	0.25	µg
Vitamin C	8.5	mg
Vitamin D	1.3	µg
Vitamin E	0.7	mg
Vitamin K	3.4	µg
Biotin	1.5	µg
Choline	10	mg
Folate	10	µg
Niacin	400	µg
Pantothenic Acid	350	µg
Inositol	4.5	mg

Minerals

Calcium	76	mg
Chloride	68	mg
Copper	60	µg
Iodine	13	µg
Iron	1.2	mg
Magnesium	8.5	mg
Manganese	35	µg
Phosphorus	51	mg
Potassium	98	mg
Selenium	1.8	µg
Sodium	32	mg
Zinc	0.42	mg

Lutein	5.8	µg
Nucleotides	2.6	mg
Taurine	4.7	mg

**Average per 100mL as prepared
(13.0g + 90mL water)**

Energy	273	kJ
Protein	1.30	g
50% Whey	0.65	g
50% Casein	0.65	g
Fat	3.49	g
sn-2 Palmitate	320	mg

Omega 3

DHA	11.9	mg
α-Linolenic Acid (ALA)	86.8	mg

Omega 6

AA	11.9	mg
Linoleic Acid (LA)	693	mg

Carbohydrate	7.19	g
--------------	------	---

Vitamins

Vitamin A	61.5	µg
Vitamin B ₁	51	µg
Vitamin B ₂	173	µg
Vitamin B ₆	40	µg
Vitamin B ₁₂	0.25	µg
Vitamin C	8.5	mg
Vitamin D	1.25	µg
Vitamin E	0.67	mg
Vitamin K	3.4	µg
Biotin	1.5	µg
Choline	10	mg
Folate	10	µg
Niacin	400	µg
Pantothenic Acid	350	µg
Inositol	4.5	mg

Minerals

Calcium	76	mg
Chloride	68	mg
Copper	60	µg
Iodine	13	µg
Iron	1.2	mg
Magnesium	8.5	mg
Manganese	35	µg
Phosphorus	51	mg
Potassium	98	mg
Selenium	1.8	µg
Sodium	32	mg
Zinc	0.42	mg

Lutein	9.6	µg
Nucleotides	2.6	mg
Taurine	4.7	mg