

High Protein Recovery Low Fat Peanut Butter Flavoured Milk

Typical Nutritional Information		Per 100 ml	Per 250 ml Serving	% NRV PER SERVING
Energy Valor energetico	kJ	340	850	
Protein Proteinas	g	8.4	21.0	38%
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	9	21	
of which total sugar dos quais acucar totais	g	8.5	21.3	
Sucrose	g	3.6	9.0	
Lactose	g	5.0	12.5	
Total Fat Gorduras total	g	1.1	2.8	
of which saturated fat dos quais Gordura saturada	g	0.7	1.8	
trans fat Gordura trans	g	<0.1	<0.3	
Monounsaturated fat Gordura mono-insaturadas	g	0.3	0.8	
Polyunsaturated fat Gordura poli-insaturadas	g	<0.1	<0.3	
Cholesterol Colesterol	mg	7	18	
Dietary Fibre[#] Fibras alimentares	g	1.2	3.0	
Total Sodium Sodio Total	mg	101	253	
Vitamin B1	mg	0.4	1.0	83%
Vitamin B2	mg	0.6	1.5	115%
Vitamin B3	mg	5	12.5	78%
Vitamin B5	mg	2.6	6.5	130%
Vitamin B6	mg	0.6	1.5	88%
Vitamin B7	µg	14	35	117%
Vitamin B9 Folic Acide	µg	139	348	87%
Vitamin B12	µg	1	3	104%
Calcium Calcio	Mg	258.0	645.0	50%
*Analysis Method: AOAC 991.43 *Methodo de analise: AOAC 991.43				
Ingredients: Cow's Milk, Milk Protein, Skim Milk Powder, Sucrose, Cocoa, Stabilisers, Antifoaming Agent, Flavouring, Vitamins (B1, B2, B3,B5, B6, B7, B9, B12)				
Contains: Cow's milk				