

High Protein Recovery Low Fat Banana Crème Flavoured Milk

Typical Nutritional Information		Per 100 ml	Per 250 ml Serving	% NRV PER SERVING
Energy Valor energetico	kJ	329	828	
Protein Proteinas	g	8.8	22	38%
Glycaemic Carbohydrates Hidratos de Carbohidratos glicemicos	g	9	22	
of which total sugar dos quais acucar totais	g	8.9	22.3	
Sucrose	g	3.6	9.0	
Lactose	g	5.3	13.3	
Total Fat Gorduras total	g	0.9	2.3	
of which saturated fat dos quais Gordura saturada	g	0.6	1.5	
trans fat Gordura trans	g	<0.1	<0.3	
Monounsaturated fat Gordura mono-insaturadas	g	0.2	0.5	
Polyunsaturated fat Gordura poli-insaturadas	g	<0.1	<0.3	
Cholesterol Colesterol	mg	8	20	
Dietary Fibre# Fibras alimentares	g	0.6	1.5	
Total Sodium Sodio Total	mg	108	270	
Vitamin B1	mg	0.5	1.3	108%
Vitamin B2	mg	0.7	1.8	139%
Vitamin B3	mg	3.6	9.0	56%
Vitamin B5	mg	2.8	7.0	140%
Vitamin B6	mg	0.6	1.5	88%
Vitamin B7	µg	17	43	143%
Vitamin B9 Folic Acide	µg	139	348	87%
Vitamin B12	µg	1	3	125%
Calcium Calcio	mg	283.0	708.0	55%
*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				