

High Protein Recovery Low Chocolate Flavoured Milk

Typical Nutritional Information		Per 100 ml	Per 250 ml Serving	% NRV PER SERVING
Energy Valor energetico	kJ	355	888	
Protein Proteinas	g	8.4	21	38%
Glycaemic Carbohydrates Hidratos de Carboidratos glicemicos	g	9	22	
of which total sugar dos quais acucar totais	g	8.8	22	
Sucrose	g	3.6	8.3	
Lactose	g	4.4	11	
Total Fat Gorduras total	g	1.5	3.8	
of which saturated fat dos quais Gordura saturada	g	1.0	2.0	
trans fat Gordura trans	g	<0.1	<0.3	
Monounsaturated fat Gordura mono-insaturadas	g	0.4	1	
Polyunsaturated fat Gordura poli-insaturadas	g	<0.1	<0.3	
Cholesterol Colesterol	mg	7	18	
Dietary Fibre# Fibras alimentares	g	0.9	2.3	
Total Sodium Sodio Total	mg	103	258	
Vitamin B1	mg	0.4	1.0	83%
Vitamin B2	mg	0.6	1.5	115%
Vitamin B3	mg	4.6	11.5	72%
Vitamin B5	mg	2.4	6	120%
Vitamin B6	mg	0.6	1.5	88%
Vitamin B7	µg	14	35	117%
Vitamin B9 Folic Acide	µg	118	295	74%
Vitamin B12	µg	1	3	104%
Calcium Calcio	mg	243.0	608.0	47%
*Analysis Method: AOAC 991.43				
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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				