

## ENERGYVIT

Average Contents	Unit	per 100g	per 100ml*
<b>Energy</b>	kcal	492	74
	kJ	2059	309
<b>Protein</b>	g	–	–
<b>Carbohydrate</b>	g	66.7	10.0
sugars	g	6	0.9
lactose	g	–	–
<b>Fat</b>	g	25	3.8
saturates	g	7.6	1.1
monounsaturates	g	11.6	1.7
polyunsaturates	g	4.6	0.7
% LCT	%	95	95
% MCT	%	4.5	4.5
n6:n3 fatty acids	ratio	10:1	10:1
% energy from linoleic acid	%	7.6	7.6
% energy from $\alpha$ -linoleic acid	%	0.75	0.75
<b>Dietary fibre</b>	g	–	–
<b>Minerals</b>			
sodium	mg (mmol)	191 (8.3)	28.7 (1.2)
potassium	mg (mmol)	501 (12.8)	75.2 (1.9)
chloride	mg (mmol)	355 (10)	53.3 (1.5)
calcium	mg (mmol)	410 (10.3)	61.5 (1.5)
phosphorus	mg (mmol)	300 (9.7)	45 (1.5)
magnesium	mg (mmol)	58 (2.4)	8.7 (0.36)
iron	mg	8.1	1.2
zinc	mg	5.7	0.9
copper	$\mu$ g	430	64.5
manganese	mg	0.43	0.06
fluoride	mg	–	–
molybdenum	$\mu$ g	12	1.8
selenium	$\mu$ g	15.5	2.3
chromium	$\mu$ g	13.8	2.1
iodine	$\mu$ g	83	12.5
<b>Vitamins</b>			
vitamin A	$\mu$ g RE (IU)	392 (1305)	58.8 (196)
vitamin D	$\mu$ g (IU)	8.7 (348)	1.3 (52.2)
vitamin E	mg $\alpha$ -TE (IU)	4.6 (6.9)	0.7 (1)
vitamin K	$\mu$ g	37.2	5.6
thiamin	mg	0.5	0.08
riboflavin	mg	0.5	0.08
niacin	mg (mg NE)	7.5 (7.5)	1.1 (1.1)
pantothenic acid	mg	2.8	0.4
vitamin B6	mg	0.5	0.08
folic acid	$\mu$ g	55	8.3
vitamin B12	$\mu$ g	1.2	0.2
biotin	$\mu$ g	18.2	2.7
vitamin C	mg	49	7.4
<b>Others</b>			
choline	mg	91	13.7
inositol	mg	98	14.7
<b>Water</b>			
osmolality	mOsm/kg H <sub>2</sub> O	–	190