

FONTACTIV 2.0 125 ml.

Analysis	Unit	Per 100ml	Per 200ml
Energy Value	kJ/kcal	644/154	1288/308
Fats	g	7.2	14.4
- Saturated	g	0.65	1.84
- Monounsaturated	g	4.38	8.76
- Polyunsaturated	g	2.05	4.1
- LA (Linoleic Acid)	g	1.36	2.72
- ALA (Alpha-Linolenic Acid)	g	0.61	1.22
- DHA	mg	33.5	67.0
Carbohydrates	g	12	24
- Sugars	g	1.2	2.4
- Lactose	g	<0.5	<1.0
Dietary Fiber	g	2.6	5.2
Proteins	g	9.0	18
Salt	g	0.15	0.29

Minerals	Unit	Per 100ml	Per 200ml
Sodium	mg	58	116
Potassium	mg	165	330
Chloride	mg	90.0	180
Calcium	mg	145	290
Phosphorus	mg	100	200
Magnesium	mg	32.0	64.0
Iron	mg	1.8	3.6
Zinc	mg	1.8	3.5
Copper	µg	116	232
Manganese	mg	0.40	0.80
Fluoride	mg	0.14	0.28
Selenium	µg	10	20
Chromium	µg	10	20
Molybdenum	µg	15	30
Iodine	µg	20.0	40

Vitamins	Unit	Per 100ml	Per 200ml
Vitamin A (ER)	µg	150	300
Vitamin D	µg	4.0	7.9
Vitamin E (TE)	mg	2.5	5
Vitamin K	µg	11	21
Thiamine (B1)	mg	0.26	0.52
Riboflavin (B2)	mg	0.30	0.60
Vitamin B6	mg	0.30	0.60
Vitamin B12	µg	0.30	26
Vitamin C	mg	13	80.0
Folic Acid (B9)	µg	40.0	80.0
Pantothenic Acid (B5)	mg	0.76	1.52
Niacin (B3/PP)	mg NE	2.5	5
Biotin	µg	7.5	15

Others	Unit	Per 100ml	Per 200ml
Choline	mg	55	110
Inositol	Mg	90	180
Osmolarity	mOsm/l	284	