

FONTACTIV 8 CEREALES

Nutritional Information (Average Values)	Units	Per 100g	% NRV	Per 30g + 200ml Semi-Skimmed Milk	% NRV
Energy Value	kJ/kcal	1500/355	-	830/196	-
Fats	g	2	-	3.7	-
- Of which Saturated Fats	g	0.8	-	2.2	-
Carbohydrates	g	68	-	29.7	-
- Of which Sugars	g	1.7	-	10	-
- Of which Lactose	g	0.1	-	9	-
Dietary Fiber	g	11.8	-	3.5	-
- Soluble Fiber	g	7.8	-	2.3	-
Proteins	g	10.3	-	9.4	-
Salt	g	0.1	-	0.2	-

Minerals	Unit	Per 100g	% NRV	Per Serving	% NRV
Calcium	mg	1160	145	588	74
Phosphorus	mg	560	80	168	24
Iron	mg	11	79	3.3	24
Zinc	mg	9.5	95	2.9	29
Selenium	µg	55	100	16.5	30

Vitamins	Unit	Per 100g	% NRV	Per Serving	% NRV
Vitamin A	µg ER	530	66	159	20
Vitamin D	µg	15	300	4.5	90
Vitamin E	mg TE	10	83	3	25
Vitamin K	µg	70	93	21	28
Vitamin C	mg	57	71	17	21
Thiamine (B1)	mg	0.6	55	0.2	16
Riboflavin (B2)	mg	0.8	57	0.2	17
Niacin (B3/PP)	mg	10	63	3.0	19
Vitamin B6	mg	0.9	64	0.3	19
Folic Acid (B9)	µg	400	200	120	60
Vitamin B12	µg	2.3	92	0.7	28
Biotin	µg	20	40	6	12
Pantothenic Acid (B5)	mg	3.3	55	1	17

% NRV: Percentage of Nutrient Reference Values.