

average nutritional composition					
	per 100 g	per 100 ml (14 g powder+ 90 ml water)	per 100 Kcal	per 100 KJ	unit
energy	1890	265			KJ
energy	450	63			Kcal
protein (Nx6.25)	18	2.5	4	0.95	g
whey protein	6.2	0.87	1.4	0.33	g
casein protein	11.8	1.6	2.6	0.62	g
carbohydrates	57.9	8.1	12.8	3	g
lactose	53	7.4	11.8	2.8	g
fiber	2.1	0.29	0.46	0.11	g
galacto-oligosaccharides (GOS)	3	0.42	0.67	0.16	g
fat	15.9	2.2	3.5	0.84	g
saturated fatty acids	4.7	0.66	1	0.25	g
trans fatty acids	≤3				% of FA
mono unsaturated fatty acids	7.6	1.1	1.7	0.4	g
poly unsaturated fatty acids	2.8	0.39	0.61	0.15	g
linoleic acid	2.4	0.34	0.54	0.13	g
α-linolenic acid	250	35	56	13.2	mg
arachidonic acid (AA)	52	7.3	11.7	2.8	mg
docosahexaenoic acid (DHA)	48	6.7	10.6	2.5	mg
vitamins					
vitamin A	499	70	111	26	μg RE
vitamin D3	8.9	1.2	2	0.47	μg
vitamin E	7.7	1.1	1.7	0.41	mg α-TE
vitamin K-1	40	5.6	8.9	2.1	μg

vitamin C	87	12.2	19.3	4.6	mg
vitamin B1	585	82	130	31	µg
vitamin B2	1173	164	261	62	µg
vitamin B6	539	75	120	29	µg
vitamin B12	1.9	0.26	0.41	0.1	µg
niacin	4815	674	1071	255	µg
folic acid	90	12.6	20	4.8	µg
pantothenic acid	3580	501	796	189	µg
biotin	15.9	2.2	3.5	0.84	µg
minerals					
calcium	626	88	139	33	mg
phosphorous	428	60	95	23	mg
magnesium	63	8.8	13.9	3.3	mg
iron	7.3	1	1.6	0.39	mg
zinc	4.7	0.66	1	0.25	mg
manganese	58	8.1	12.8	3.1	µg
copper	371	52	83	19.6	µg
iodine	104	14.5	23	5.5	µg
sodium	210	29	47	11.1	mg
potassium	747	105	166	40	mg
chloride	526	74	117	28	mg
selenium	20	2.8	4.5	1.1	µg
fluoride	≤20	≤2.8	≤4.4	≤1.06	µg
others					
total nucleotides	15.9	2.2	3.5	0.84	mg
choline	128	17.9	28	6.8	mg
inositol	34	4.8	7.7	1.8	mg
taurine	36	5	8	1.9	mg
l-carnitine	11.7	1.6	2.6	0.62	mg
probiotics					
bifidobacterium animalis	1.0E+06 cfu/g				