

nutritional information,,

SERVING SIZE: 250mL,SERVINGS PER PACK: 1,

,Per serve ,Per 100mL

Energy (kJ),900,360

(Cal),215,86

Protein (g),17.1,6.8

Fat (g),4.5,1.8

Saturated Fat (g),0.6,0.3

Carbohydrate (g),24.9,10.0

Sugars (g),16.0,6.4

Dietary Fibre (g),2.4,1.0

Sodium (mg),220,88

Potassium (mg),483,193

Vitamin A (µg),128 (17% RDI)*,51

Thiamin (Vitamin B1) (mg),0.28 (25% RDI)*,0.11

Riboflavin (Vitamin B2) (mg),0.43 (25% RDI)*,0.17

Niacin (Vitamin B3) (mg),2.5 (25% RDI)*,1.0

Vitamin B6 (mg),0.5 (31% RDI)*,0.2

Folate (µg),50 (25% RDI)* **,20

Vitamin B12 (µg),0.5 (25% RDI)*,0.2

Vitamin C (mg),0.5 (25% RDI)*,4.0

Calcium (mg),300 (38% RDI)*,120

Phosphorus (mg),250 (25% RDI)*,100

Glycaemic Index (GI),33,

* Percentage of Recommended Dietary Intake (RDI),,

** 1 serve provides 13% of the folate RDI for women of childbearing age.,,