

Isosource® Protein Fibre

| Information nutritionnelle | | | 100 ml | 500 ml | 1000 ml |
|----------------------------|------------------|----------|------------|----------|-----------|
| Energie | | kJ/kcal | 561/133 | 2805/665 | 5610/1330 |
| Matières grasses | (30% kcal) | g | 4,4 | 22 | 44 |
| dont: | | | | | |
| acides gras saturés | | g | 1,4 | 7,0 | 14 |
| acides gras mono-insaturés | | g | 2,0 | 10 | 20 |
| acides gras poly-insaturés | | g | 1,0 | 5,0 | 10 |
| Glucides | (48% kcal) | g | 16 | 80 | 160 |
| dont: | | | | | |
| sucres | | g | 1,5 | 7,5 | 15 |
| lactose | | g | < 0,05 | < 0,25 | < 0,5 |
| Fibres alimentaires | (2% kcal) | g | 1,5 | 7,5 | 15 |
| Protéines | (20% kcal) | g | 6,7 | 33,5 | 67 |
| Sel | (= Na (g) x 2,5) | g | 0,30 | 1,5 | 3,0 |
| P:MG:G:F | | % kcal | 20:30:48:2 | | |
| Minéraux | | | | | |
| Sodium | | mg | 120 | 600 | 1200 |
| Chlorures | | mg | 75 | 375 | 750 |
| Potassium | | mg | 120 | 600 | 1200 |
| Calcium | | mg | 90 | 450 | 900 |
| Phosphore | | mg | 75 | 375 | 750 |
| Magnésium | | mg | 14 | 70 | 140 |
| Fer | | mg | 1,2 | 6,0 | 12 |
| Zinc | | mg | 1,2 | 6,0 | 12 |
| Cuivre | | mg | 0,17 | 0,85 | 1,7 |
| Iode | | µg | 19 | 95 | 190 |
| Sélénium | | µg | 8,5 | 42,5 | 85 |
| Manganèse | | mg | 0,30 | 1,50 | 3,0 |
| Chrome | | µg | 11 | 55 | 110 |
| Molybdène | | µg | 13 | 65 | 130 |
| Fluor | | mg | 0,16 | 0,80 | 1,6 |
| Vitamines | | | | | |
| A | | µg | 140 | 700 | 1400 |
| D | | µg | 1,8 | 9,0 | 18 |
| K | | µg | 9,0 | 45,0 | 90 |
| C | | mg | 14 | 70 | 140 |
| B1 | | mg | 0,19 | 0,95 | 1,9 |
| B2 | | mg | 0,23 | 1,15 | 2,3 |
| B6 | | mg | 0,25 | 1,25 | 2,5 |
| Niacine | | mg/mg NE | 1,4/2,5 | 7,0/12,5 | 14/25 |
| Acide folique | | µg | 37 | 185 | 370 |
| B12 | | µg | 0,60 | 3,00 | 6,0 |
| Acide pantothénique | | mg | 0,75 | 3,75 | 7,5 |
| Biotine | | µg | 5,8 | 29,0 | 58 |
| E | | mg α-TE | 2,0 | 10,0 | 20 |
| TCM | | g | 0,88 | 4,40 | 8,8 |
| oméga-3 | | g | 0,18 | 0,90 | 1,8 |
| fibres solubles | | g | 0,75 | 3,75 | 7,5 |
| fibres insolubles | | g | 0,75 | 3,75 | 7,5 |
| Choline | | mg | 50 | 250 | 500 |
| Contenu en eau | | g | 79 | | |
| Osmolarité | | mOsm/l | 311 | | |