

## Isosource® Junior Fibre

Nutrition information		100 ml	500 ml	
Energy		kJ/kcal	417/100	2085/500
Fat	(40% kcal)	g	4,4	22
- Saturates		g	0,80	4,0
- Monounsaturates		g	2,2	11
- Polyunsaturates		g	1,4	7,0
Omega-3		mg	140	700
Omega-6		mg	1000	5000
Carbohydrate	(50% kcal)	g	12,5	62,5
sugars		g	0,55	2,75
lactose		g	< 0,30	< 1,5
Fibre	(2% kcal)	g	1,0	5,0
soluble fibre		g	0,50	2,5
insoluble fibre		g	0,50	2,5
Protein	(8% kcal)	g	2,0	10
Salt		g	0,14	0,69
<b>Minerals</b>				
Sodium		mg	55	275
Potassium		mg	100	500
Chloride		mg	90	450
Calcium		mg	73	365
Phosphorus		mg	45	225
Magnesium		mg	16	80
Iron		mg	0,80	4,0
Zinc		mg	0,65	3,2
Copper		mg	0,085	0,42
Manganese		mg	0,13	0,65
Fluoride		mg	0,080	0,40
Selenium		µg	3,9	19,5
Chromium		µg	4,0	20
Molybdenum		µg	5,4	27
Iodine		µg	10	50
<b>Vitamins</b>				
Vit A		µg-RE	52	260
Vit D		µg	1,2	6,0
Vit E		mg	5,0	25
Vit K		µg	7,0	35
Vit C		mg	0,090	0
Thiamin		mg	0,13	45
Riboflavin		mg	0,66/1,4	3,3/7,0
Niacin		mg /mg NE	0,12	0,60
Vit B6		mg	15	75
Folic acid		µg	0,20	1,0
Vit B12		µg	4,0	20
Biotin		µg	0,40	2,0
Pantothenic acid		mg	0,40	2,0
Taurine		mg	8,0	40
L-Carnitine		mg	2,0	10
Choline		mg	25	125
Inositol		mg	4,0	20
Water content		g	85	
Osmolarity		mOsm/l	177	

RE = Retinol-Equivalent; NE = Niacine-equivalent