

Nutrition Information - Powder Unflavored

	100 Cal (5.3 fl oz, prepared as directed)		1000 mL (1.1 QT, prepared as directed)	
	Value	%RDI / %DV	Value	%RDI / %DV
Calories	100		643	
Volume, mL	155.5		1000	
Protein, g	2.07		13.31	
Fat, g	5.60		36.2	
Carbohydrate, g	10.7		69.2	
Water, g	141		906	
Linoleic Acid, mg	1000		6431	
Vitamin A, IU	300		1929	
Vitamin D, IU	75		482	
Vitamin E, IU	1.5		9.6	
Vitamin K, mcg	8		51	
Thiamin (Vitamin B1), mcg	100		643	
Riboflavin (Vitamin B2), mcg	160		1029	
Vitamin B6, mcg	63		405	
Vitamin B12, mcg	0.26		1.67	
Niacin, mcg	1100		7074	
Folic Acid (Folacin), mcg	16		103	
Pantothenic Acid, mcg	470		3023	
Biotin, mcg	4.6		29.6	
Vitamin C (Ascorbic Acid), mg	9		58	
Choline, mg	24		154	
Inositol, mg	4.9		31.5	
Calcium, mg	82		527	
Calcium, mEq	4.1		26.4	
Phosphorus, mg	44		283	
Magnesium, mg	6		39	
Iron, mg	1.9		12.2	
Zinc, mg	0.79		5.08	
Manganese, mcg	5		32	
Copper, mcg	95		611	
Iodine, mcg	6		39	
Selenium, mcg	2		13	
Sodium, mg	25		161	
Sodium, mEq	1.1		7.1	
Potassium, mg	110		707	
Potassium, mEq	2.8		18	
Chloride, mg	68		437	
Chloride, mEq	1.9		12.2	

For more information, contact your Abbott Nutrition Representative or visit
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