

Nutrition Information - Powder Unflavored

	100 Cal (4.5 fl oz, prepared as directed)		1000 mL (1.1 QT, prepared as directed)	
	Value	%RDI / %DV	Value	%RDI / %DV
Calories	100		744	
Volume, mL	134		1000	
Protein, g	2.8		20.83	
Fat, g	5.5		40.92	
Carbohydrate, g	10.1		75.1	
Water, g	120		893	
Linoleic Acid, mg	750		5579	
Vitamin A, IU	350		2604	
Vitamin D, IU	70		521	
Vitamin E, IU	3.6		26.8	
Vitamin K, mcg	11		81.8	
Thiamin (Vitamin B1), mcg	175		1302	
Riboflavin (Vitamin B2), mcg	150		1116	
Vitamin B6, mcg	100		744	
Vitamin B12, mcg	0.40		2.98	
Niacin, mcg	1950		14506	
Folic Acid (Folacin), mcg	25		186	
Pantothenic Acid, mcg	800		5951	
Biotin, mcg	9		67.0	
Vitamin C (Ascorbic Acid), mg	15		112	
Choline, mg	16		119	
Inositol, mg	35		260	
Calcium, mg	105		781	
Calcium, mEq	5.2		39.0	
Phosphorus, mg	62		461	
Magnesium, mg	9		67.0	
Iron, mg	1.8		13.4	
Zinc, mg	1.2		8.9	
Manganese, mcg	10		74	
Copper, mcg	120		893	
Iodine, mcg	15		112	
Selenium, mcg	2.3		17.1	
Sodium, mg	33		245	
Sodium, mEq	1.4		10.7	
Potassium, mg	142		1056	
Potassium, mEq	3.6		27.0	
Chloride, mg	75		558	
Chloride, mEq	2.1		15.7	

For more information, contact your Abbott Nutrition Representative or visit
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