

EleCare Jr Unflavored Powder Nutrition Information

EleCare Jr Powder / 14.1-oz (400-g) Can / 6 ct

Serving Size: 100 g Powder

Amount Per Serving	% DV	% RDI
Nutrient Data		
Volume, mL:		
Protein Equivalent, g: 14.3		
Fat, g: 22.7		
Carbohydrate, g: 49.3		
Linoleic Acid, mg: 3939		
Calories: 469		
Osmolality, mOsm/kg H₂O:		
Vitamins		
Vitamin A, IU: 1280		
Vitamin A, mcg RE: 384		
Vitamin D, IU: 281		
Vitamin D, mcg: 7.0		
Vitamin E, IU: 9.71		
Vitamin K, mcg: 60		
Thiamin (Vitamin B1), mcg: 985		
Riboflavin (Vitamin B2), mcg: 495		
Vitamin B6, mcg: 393		
Vitamin B12, mcg: 2.0		
Niacin, mcg: 7878		
Folic Acid (Folacin), mcg: 139		
Pantothenic Acid, mcg: 1974		
Biotin, mcg: 19.9		
Vitamin C (Ascorbic Acid), mg: 42.5		
Choline, mg: 140		
Inositol, mg: 23.6		
Minerals		
Calcium, mg: 543		
Calcium, mEq: 27.2		
Phosphorus, mg: 395		
Magnesium, mg: 74		
Iron, mg: 8.3		
Zinc, mg: 5.4		
Manganese, mcg: 601		
Copper, mcg: 601		
Iodine, mcg: 41.6		

Selenium, mcg: 12.5
Chromium, mcg: 10.9
Molybdenum, mcg: 12.3
Sodium, mg: 212
Sodium, mEq: 9.2
Potassium, mg: 706
Potassium, mEq: 18.0
Chloride, mg: 281
Chloride, mEq: 7.9

Serving Size: 1 L (prepared at 30 Cal/fl oz)*

Amount Per Serving	% DV	% RDI
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Nutrient Data

Volume, mL: 1000
Protein Equivalent, g: 31
Fat, g: 49.1
Carbohydrate, g: 106.7
Linoleic Acid, mg: 8520
Calories: 1014
Osmolality, mOsm/kg H₂O: 590

Vitamins

Vitamin A, IU: 2769
Vitamin A, mcg RE: 830
Vitamin D, IU: 608
Vitamin D, mcg: 15.2
Vitamin E, IU: 21
Vitamin K, mcg: 130
Thiamin (Vitamin B1), mcg: 2130
Riboflavin (Vitamin B2), mcg: 1070
Vitamin B6, mcg: 850
Vitamin B12, mcg: 4.3
Niacin, mcg: 17040
Folic Acid (Folacin), mcg: 300
Pantothenic Acid, mcg: 4270
Biotin, mcg: 43
Vitamin C (Ascorbic Acid), mg: 92
Choline, mg: 303
Inositol, mg: 51

Minerals

Calcium, mg: 1174
Calcium, mEq: 58.7
Phosphorus, mg: 854
Magnesium, mg: 160
Iron, mg: 18
Zinc, mg: 11.7

Manganese, mcg: 1300

Copper, mcg: 1300

Iodine, mcg: 90

Selenium, mcg: 27

Chromium, mcg: 23.5

Molybdenum, mcg: 26.5

Sodium, mg: 459

Sodium, mEq: 20.0

Potassium, mg: 1526

Potassium, mEq: 39.0

Chloride, mg: 608

Chloride, mEq: 17.0

* Nutrient values are applicable when prepared as directed.