

# ProNutro ProLight

## INGREDIENT LIST / BESTANDELE

**Original:** Whole corn flour (35%), whole oats flour (25%), rice flour (18%), brown sugar, whey powder, salt, vitamins (A, D, E, C, B1, B2, niacin, B6, folic acid, B12, biotin and pantothenic acid) and minerals (calcium carbonate, electrolytic iron, magnesium oxide, zinc oxide, potassium iodide and sodium selenite).

**Berry Blaze:** Whole corn flour (34%), whole oats flour (25%), rice flour (18%), brown sugar, whey powder, skim milk powder, salt, flavouring, vitamins (A, D, E, C, B1, B2, niacin, B6, folic acid, B12, biotin and pantothenic acid) and minerals (calcium carbonate, electrolytic iron, magnesium oxide, zinc oxide, potassium iodide and sodium selenite).

**Goden syrup pancake:** Whole corn flour (34%), whole oats flour (25%), rice flour (18%), brown sugar, whey powder, salt, spices, flavouring, vitamins (A, D, E, C, B1, B2, niacin, B6, folic acid, B12, biotin and pantothenic acid) and minerals (calcium carbonate, electrolytic iron, magnesium oxide, zinc oxide, potassium iodide and sodium selenite).

## ALLERGENS / ALLERGENE

Contains allergens: Gluten and milk. Not suitable for people with wheat and soy allergies.

## TYPICAL NUTRITIONAL INFORMATION AS PER DRY PRODUCT

1 Serving = 50g = approximately 5 dessert spoons

Nutrients		Per 100g	Per 50 g serving	%NRV*
Energy	(kJ)	1385	692	
Protein	(g)	6.8	3.4	6
Glycaemic carbohydrate	(g)	67	34	
<i>of which total sugars</i>	(g)	15.0	7.5	
Total fat	(g)	2.9	1.5	
<i>of which saturated fat</i>	(g)	0.8	0.4	
<i>of which trans fat</i>	(g)	0.0	0.0	
<i>of which monounsaturated fat</i>	(g)	1.0	0.5	
<i>of which polyunsaturated fat</i>	(g)	1.0	0.5	
Cholesterol	(mg)	0	0	
Dietary fibre**	(g)	4.1	2.1	
Total sodium	(mg)	382	191	
Vitamin A	(µg RE)	675	338	30
Vitamin B1 (Thiamine)	(mg)	0.9	0.5	30
Vitamin B2 (Riboflavin)	(mg)	1.0	0.5	30
Niacin	(mg)	12.0	6.0	30
Vitamin B6 (Pyridoxin)	(mg)	1.3	0.7	30
Folic acid	(µg)	300	150	30
Vitamin B12	(µg)	2	1	30
Biotin	(µg)	23	11	30
Pantothenic acid	(mg)	3.8	1.9	30
Vitamin C	(mg)	67.5	33.8	30
Vitamin D	(µg)	11	6	30
Vitamin E	(mg TE)	11.3	5.7	30
Calcium	(mg)	487.5	243.8	15
Iron	(mg)	6.8	3.4	15
Magnesium	(mg)	157.5	78.8	15
Zinc	(mg)	4.1	2.1	15
Iodine	(µg)	56	28	15
Selenium	(µg)	33	17	30

\* NRV = Nutrient reference value for individuals 4 years and older

\*\* Method used to determine total dietary fiber: AOAC 985.29

