

PRONUTRO WHOLEWHEAT ORIGINAL

INGREDIENT LIST / BESTANDELE

Wheat flour* (70%) (gluten), soya flour* (15%) (genetically modified), wheat bran* (7%) (gluten), sugar, emulsifier, chicory, salt, vitamins (vitamin A, B1, B2, B6, B12, niacin, pantothenic acid, biotin, folic acid, C, D3, E and K), minerals (tricalcium phosphate, copper gluconate, potassium iodide, electrolytic iron, magnesium oxide, sodium selenite anhydrous, zinc oxide) and amino acid* (L-lysine).

*Sources of Protein

CONTAINS ALLERGENS: WHEAT, GLUTEN AND SOYA.

ENDORSEMENTS

Kosher Parev

NIHT

Low GI: Often Foods (Green) GIFSA and Diabetes SA endorsement logos

TYPICAL NUTRITIONAL INFORMATION AS PER DRY PRODUCT

1 Serving = 5 Desert spoons = 50g

Nutrients		Per 100g	Per serving	%NRV*
Energy	(kJ)	1517	758	
Protein	(g)	17.1	8.6	15
Carbohydrate	(g)	56	28	
<i>of which total sugar</i>	(g)	15.0	7.5	
Total fat	(g)	5.4	2.7	
<i>of which saturated fat</i>	(g)	1.1	0.6	
<i>of which trans fat</i>	(g)	0.0	0.0	
<i>of which monounsaturated fat</i>	(g)	1.1	0.6	
<i>of which polyunsaturated fat</i>	(g)	3.3	1.7	
Cholesterol	(mg)	0	0	
Dietary fibre**	(g)	10.7	5.4	
Total sodium	(mg)	231	116	
Vitamin A	(µg RE)	540	270	30
Thiamine (Vit B1)	(mg)	0.7	0.4	30
Riboflavin (Vit B2)	(mg)	0.8	0.4	30
Niacin (Vit B3)	(mg)	9.6	4.8	30
Pantothenic acid (Vit B5)	(mg)	3.0	1.5	30
Vitamin B6	(mg)	1.0	0.5	30
Biotin (Vit B7)	(µg)	18	9	30
Folic acid (Vit B9)	(µg)	240	120	30
Vitamin B12	(µg)	1	1	30
Vitamin C	(mg)	60.0	30.0	30
Vitamin D	(µg)	9	5	30
Vitamin E	(mg)	9.0	4.5	30
Vitamin K	(µg)	72	36	30
Calcium	(mg)	530.0	265.0	20
Copper	(mg)	0.5	0.3	30
Iodine	(µg)	90	45	30
Iron	(mg)	10.8	5.4	30
Magnesium	(mg)	252.0	126.0	30
Selenium	(µg)	33	17	30
Zinc	(mg)	6.6	3.3	30

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

** Method used to determine total dietary fibre: AOAC 991.43

CLAIMS:

Cholesterol free

High in Energy

High in Carbohydrates

High in Dietary Fibre

High in Protein

High in 20 Vitamins & Minerals