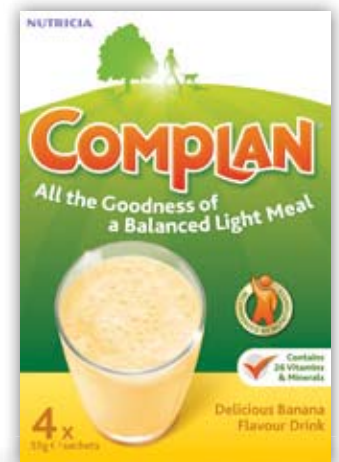


Delicious Banana flavour vitamin and mineral fortified drink mix, with skimmed milk and vegetable oil

Ingredients: skimmed cow's milk, maltodextrin, vegetable oils (palmolein, sunflower oil), sucrose, flavouring, magnesium hydrogen phosphate, xanthan gum, colouring (Beta carotene), sodium L-ascorbate, calcium carbonate, ferrous sulphate, DL- α -tocopherol, nicotinamide, choline chloride, zinc sulphate, L-ascorbic acid, calcium D-pantothenate, pteroylmonoglutamic acid, D-biotin, phytomenadione, manganese sulphate, cupric sulphate, pyridoxine hydrochloride, thiamin hydrochloride, DL- α -tocopheryl acetate, retinyl palmitate, riboflavin, cholecalciferol, cyanocobalamin, potassium iodide, chromium chloride, sodium molybdate, sodium selenite.

Typical Values	Per 100g powder	% NRV*	Per serving**	% NRV*
Energy	1870 kJ		1025 kJ	
	444 kcal		244 kcal	
Fat	14.8 g		8.1 g	
of which: saturates	6.8 g		3.7 g	
Carbohydrate	62.3 g		34.3 g	
of which: sugars	33.0 g		18.1 g	
Fibre	0.1 g		0.1 g	
Protein	15.4 g		8.5 g	
Salt	0.5 g		0.3 g	
Vitamins				
Vitamin A	550 μ g	69	303 μ g	38
Vitamin D	9.3 μ g	186	5.1 μ g	102
Vitamin E	9.2 mg	77	5.0 mg	42
Vitamin K	56 μ g	75	31 μ g	41
Vitamin C	53 mg	66	29 mg	36
Thiamin	1.2 mg	109	0.66 mg	60
Riboflavin	1.5 mg	107	0.83 mg	58
Niacin	8.3 mg	52	4.6 mg	29
Vitamin B6	1.8 mg	129	1.0 mg	71
Folic acid	190 μ g	95	105 μ g	53
Vitamin B12	1.3 μ g	52	0.71 μ g	29
Biotin	31 μ g	62	17 μ g	34
Pantothenic acid	5.3 mg	88	2.9 mg	48
Minerals and trace elements				
Sodium	217 mg		119 mg	
Potassium	719 mg	36	396 mg	20
Chloride	463 mg	58	255 mg	32
Calcium	560 mg	70	308 mg	39
Phosphorus	496 mg	71	273 mg	39
Magnesium	105 mg	28	58 mg	15
Iron	6.7 mg	48	3.7 mg	26
Zinc	4.2 mg	42	2.3 mg	23
Copper	0.5 mg	54	0.3mg	30
Manganese	0.72 mg	36	0.40 mg	20
Selenium	20 μ g	36	11 μ g	20
Chromium	15 μ g	38	8.0 μ g	20
Molybdenum	24 μ g	48	13 μ g	26
Iodine	88 μ g	59	48 μ g	32

*NRV = Nutrient Reference Value / **Per 55g powder (when mixed with 200ml water)



Available in packs of 4 x 55g sachets.

Store in a cool, dry place. Once made up with water or milk, Complan can be stored in the refrigerator for up to 24 hours.

A serving refers to 1 sachet (55g) mixed with water, per day. Suggested intake for adults 1-2/day. People with diabetes and pregnant women should consult their dietitian or doctor before including as part of their diet.

No artificial colours, sweeteners or preservatives. Suitable for a vegetarian diet. Gluten free.

