



with luna rich

nourish™

OUR WORLD
kids vanilla



glutenfree



Reliv® Nourish™ for Kids Nutritional Information

SERVINGS PER CONTAINER: 15 SERVING SIZE: 29g

	PER SERVING (29g)	PER 100g
Energy	418 kJ 109 cal	1441.3 kJ 375.8 cal
Protein	5 g	17.2 g
Fat	1 g	3.4 g
Saturated Fat	0.35 g	1.2 g
Carbohydrates	18 g	62.1 g
Sugars	14 g	48.3 g
Fibre	2 g	6.9 g
Sodium	94 mg	324 mg
Potassium	87 mg	300 mg
VITAMINS	PER SERVING (29g)	RDI
Vitamin A	732.6 mcg	98%
Vitamin B1	0.7 mg	64%
Riboflavin	0.8 mg	47%
Vitamin B12	0.5 mcg	25%
Niacinamide	9 mg	90%
Vitamin C	120 mg	300%
Vitamin D	2.5 mcg	25%
Vitamin B6	1 mg	63%
Vitamin E	30 mg	300%
Folic Acid	100 mcg	50%
Pantothenic Acid	3 mg	60%
Biotin	76 mcg	253%
MINERALS	PER SERVING (29g)	RDI
Calcium	600 mg	75%
Iodine	75 mcg	50%
Iron	8 mg	67%
Phosphorus	480 mg	48%
Magnesium	155 mg	48%
Zinc	7.6 mg	63%
Copper	0.4 mg	13%
Selenium	10 mcg	14%
Molybdenum	10 mcg	4%
Chromium	10 mcg	5%
Manganese	0.5 mg	10%

INGREDIENTS Fructose, Non-GMO Soy Protein Isolate, Non-GMO LunaRich® Soy Powder, Maltodextrin, Dicalcium Phosphate, Magnesium Phosphate, Natural and Artificial Flavours, Omega 3 Fatty Acids (**anchovy/sardine, soy lecithin, milk**), Non-GMO Soy Lecithin, Calcium Carbonate, Ascorbic Acid, Sodium Chloride, Xanthan Gum, Guar Gum; dl-Alpha Tocopheryl, Ferrous Fumarate, Phosphatidylserine/Phosphatidylcholine, Niacinamide, Potassium Iodide, Zinc Oxide, Biotin, Grapeseed Extract, Vitamin A Palmitate, Calcium Pantothenate, Copper Gluconate, Pyridoxine Hydrochloride, Vitamin D3, Folic Acid, Chromium Chloride, Thiamin Hydrochloride, Riboflavin, Manganese Sulphate, Sodium Molybdate, Sodium Selenite, Vitamin B12. **Contains soy, milk and fish products.**

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