



**new
instant**

**your
cereal**
that gives you instant energy



**Adults &
children over 10 yrs**

NUTRITIONAL INFORMATION:

NUTRIENT:	per 100g product
Energy	1660 kJ
Protein	15.67 g
Carbohydrates	65.26 g
sugars	19.00 g
Total fat	6.98 g
Total dietary fibre	3.29 g
Sodium	275 mg

	Amount per serving	%RDA
Vitamin A	1000 RE	100.00
Vitamin C	60 mg	100.00
Vitamin D3	5 mcg	100.00
Vitamin E	10 TE	100.00
Vitamin B1 (Thiamine)	1.4 mg	100.00
Vitamin B2 (Riboflavin)	1.6 mg	100.00
Vitamin B6 (Pyridoxine)	2 mg	100.00
Vitamin B12	1mcg	100.00
Nicotinamide	18mg	100.00
Pantothenic Acid	6mg	100.00
Folic Acid	0.2mg	100.00
Biotin	0.1mg	100.00
Iodine	0.15mg	100.00
Iron	14mg	100.00
Zinc	15mg	100.00
Selenium	0.06mg	30.00



**Children
1-10 years**

RECOMMENDED DAILY ALLOWANCES

	Units	Resep /100g	4+ %NRV	1-3 %RDA
Energy	kJ	1853		
Protein	g	13.0		
Lysine	mg	187.5		
Carbohydrate	g			
Fat	g	16.0		
Fibre	g	3.0		
Vitamin A	ug RE	500.0	75%	110%
Vitamin B1(Thiamine)	mg	1.0	56%	125%
Vitamin B2 (Riboflavin)	mg	1.1	79%	136%
Nicotinamide (Niacin)	mg	1.1	81%	131%
Vitamin B6 (Pyridoxine)	mg	12.5	78%	139%
Vitamin B12 (Cyanocobalumin)	mg	1.4	79%	150%
Vitamin C	ug	2.3	94%	113%
Vitamin D3	mg	52.5	94%	113%
Folic acid	ug	11.5	77%	115%
Elemental Iron	ug	300.0	75%	300%
Elemental Zinc	mg	7.5	42%	50%
Elemental Selenium	mg	5.0	45%	50%
	ug	55.0	100%	69%