



## Nutritional information

Cow & Gate Follow on Milk, 200ml ready-to-use

### Nutrition information

Typical values per 100ml

|                      |                 | Vitamins                     |               | Minerals   |               | Others      |       |
|----------------------|-----------------|------------------------------|---------------|------------|---------------|-------------|-------|
| Energy               | 285kJ<br>68kcal | Vitamin A                    | 66µg-<br>RE   | Sodium     | 20mg<br>5%    | Choline     | 8mg   |
| Fat                  | 3g              |                              | 17%           | Potassium  | 90mg<br>9%    | Taurine     | 6mg   |
| of which saturates   | 1.3g            | Vitamin D <sub>3</sub>       | 1.4µg<br>20%  | Chloride   | 53mg<br>11%   | Inositol    | 8mg   |
| of which unsaturates | 1.7g            | Vitamin E                    | 1.6mg<br>α-TE | Calcium    | 69mg<br>13%   | L-Carnitine | 0.5mg |
| Carbohydrate         | 8.6g            |                              | 32%           | Phosphorus | 39mg<br>7%    | Nucleotides | 3.2mg |
| of which sugars      | 8.5g            | Vitamin K <sub>1</sub>       | 5.1µg<br>43%  | Magnesium  | 4.7mg<br>6%   | GOS/FOS*    | 0.8g  |
| of which lactose     | 8.3g            | Vitamin C                    | 9.5mg<br>21%  | Iron       | 1mg<br>13%    |             |       |
| Fibre                | 0.6g            | Thiamin (B <sub>1</sub> )    | 0.06mg<br>12% | Zinc       | 0.57mg<br>11% |             |       |
| Protein              | 1.4g            | Riboflavin (B <sub>2</sub> ) | 0.10mg<br>14% | Copper     | 0.042mg<br>8% |             |       |
| Salt                 | 0.05g           | Niacin (B <sub>3</sub> )     | 0.46mg<br>7%  | Manganese  | 0.006mg<br>1% |             |       |
|                      |                 | Pantothenic Acid             | 0.35mg<br>12% | Fluoride   | ≤0.003mg      |             |       |
|                      |                 | Vitamin B <sub>6</sub>       | 0.04mg<br>6%  | Selenium   | 1.1µg<br>6%   |             |       |
|                      |                 | Folic Acid                   | 12µg<br>10%   | Iodine     | 11µg<br>14%   |             |       |
|                      |                 | Vitamin B <sub>12</sub>      | 0.14µg<br>18% |            |               |             |       |
|                      |                 | Biotin                       | 1.5µg<br>15%  |            |               |             |       |

% values refer to Labelling Reference Values

\*Galacto-Oligosaccharides & Fructo-Oligosaccharides