



Nutritional information

Cow & Gate Follow on Milk, 1 ltr, ready-to-use

Nutrition information

Typical values per 100ml

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

% values refer to Labelling Reference Values

*Galacto-Oligosaccharides & Fructo-Oligosaccharides