

Vitasoy Calci-Plus Soymilk

Servings per Package: 4 Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI* per serve	Average Quantity per 100mL
Energy	673 kJ (163 Cal)	8%	269kJ (65 Cal)
Protein	8.0 g	16%	3.2 g
Fat, total	7.5 g	11%	3.0 g
- Saturated	1.5 g	6%	0.6 g
- Trans	0 g		0 g
- Polyunsaturated	4.2 g		1.7 g
- Monosaturated	1.7 g		0.7 g
Cholesterol	0 mg		0 mg
Carbohydrate, total	15.0 g	5%	6.0 g
- Sugars	10.5 g	12%	4.2 g
- Lactose	0 g		0 g
- Galactose	0 g		0 g
Dietary Fibre, total	Less than 1 g	<3%	Less than 1 g
Sodium	107 mg	5%	43 mg
Calcium	400 mg	(50%RDI)*#	160 mg
Magnesium	50 mg	(16%RDI)*#	160 mg
Phosphorus	275 mg	(27%RDI)*#	20 µg
Vitamin B2	0.55mg	(32%RDI)*#	0.21 mg
Vitamin B12	1.0 µg	(50%RDI)*#	0.4 µg
Vitamin D	5 µg	(50%RDI)*#	2 µg

Recommended Dietary Intake

+ Glycemic Index Low <55

* Percentage daily intake based on adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Not suitable as a complete milk food for children under 2 years of age.

Ingredients Declaration:

Filtered Water, Certified Organic Whole Soy Beans (Min. 15%), Pearl Barley, Barley Malt, Raw Sugar, Sunflower Oil, Calcium Phosphate, Calcium Carbonate, Sea Salt, Vitamin B2 (Riboflavin), Vitamin B6, Thiamin, Vitamin A, Vitamin B12, Vitamin D.