

Vitasoy Vitality

Servings per Package: 4 Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI* per serve	Average Quantity per 100mL
Energy	465 kJ (110 Cal)	5%	186kJ (44 Cal)
Protein	8.2 g	16%	3.3 g
Fat, total	4.5 g	6%	1.8 g
- Saturated	0.7 g	3%	0.3 g
- Trans	0 g		0 g
- Polyunsaturated	2.9 g		1.2 g
- Monosaturated	0.9 g		0.4 g
Cholesterol	0 mg		0 mg
Carbohydrate, total	8.8 g	3%	3.5 g
- Sugars	4.0 g	4%	1.6 g
- Lactose	0 g		0 g
- Galactose	0 g		0 g
Dietary Fibre, total	Less than 1 g	<3%	Less than 1 g
Sodium	150 mg	7%	60 mg
Calcium	300 mg	37% (RDI#)	120 mg
Phytoestrogens	32.5 mg		13 mg

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. 14%), Pearl Barley, Pear Juice Concentrate, Calcium Phosphate, Natural Flavouring, Sea Salt, Barley Malt, Kombu (Kelp).