

## BLENUTEN

### INFORMASI NILAI GIZI/NUTRITION FACTS

Takaran saji/Serving size: 40 g/210 ml (3 sendok takar/scoops)				
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10 Sajian per Kemasan/10 Serving per Package

#### JUMLAH PER SAJIAN/TOTAL PER SERVING

<b>Energi total/Total energy</b>				<b>190</b>	<b>kkal</b>
Energi dari lemak/Energy from fat				50	kkal
Energi dari lemak jenuh/Energy from saturated fat				15	kkal
					<b>%AKG*</b>
<b>Lemak total/Total fat</b>	<b>g</b>	<b>16,11</b>	<b>6</b>	<b>g</b>	<b>10 %</b>
Kolesterol/Cholesterol	mg	34,93	15	mg	5 %
Lemak tidak jenuh tunggal/Monounsaturated fat	g	6,36	2,5	g	
Lemak tidak jenuh ganda/Polyunsaturated fat	g	4,05	1,5	g	
Asam linoleat/Linoleic acid	mg	3612	1445	mg	11 %
Asam linolenat/ $\alpha$ -linolenic acid	mg	395	158	mg	11 %
DHA	mg	41,89	16,8	mg	
<b>Lemak jenuh/Saturated fat</b>	<b>g</b>	<b>5,68</b>	<b>2</b>	<b>g</b>	<b>11 %</b>
<b>Protein/Proteins</b>	<b>g</b>	<b>13,78</b>	<b>6</b>	<b>g</b>	<b>9 %</b>
<b>Karbohidrat total/Total carbohydrates</b>	<b>g</b>	<b>66,3</b>	<b>27</b>	<b>g</b>	<b>8 %</b>
Serat pangan/Dietary fiber	g	1,9	1	g	3 %
Fruktooligosakarida/Fructooligosaccharides (short and long chain)	g	1,9	1	g	
<b>Gula/Sugars</b>	<b>g</b>	<b>18,9</b>	<b>8</b>	<b>g</b>	
Sukrosa/Sucrose	g	14,2	6	g	
Laktosa/Lactose	g	0,04	0	g	
<b>Garam (Natrium)/Sodium</b>	<b>mg</b>	<b>200</b>	<b>80</b>	<b>mg</b>	<b>5 %</b>
<b>Vitamin dan mineral/Vitamins and minerals</b>					
Vitamin A	$\mu$ g		378		25 %
Vitamin C	mg		52,8		25 %
Vitamin D	$\mu$ g		14,4		40 %
Vitamin E	mg		12,9		35 %
Vitamin K	$\mu$ g		55,8		35 %
Vitamin B1 (Tiamin/Thiamin)	$\mu$ g		1220		35 %

Vitamin B2 (Riboflavin)	µg	909		25 %
Vitamin B3 (Niasin/Niacin)	mg	10,9		30 %
Vitamin B5 (Asam pantotenat/Pantothenic acid)	mg	4,27		35 %
Vitamin B6 (Piridoksin/Piridoxine)	µg	1580		50 %
Vitamin B9 (Asam folat/Folic acid)	µg	98,8		10 %
Vitamin B12 (Kobalamin/Cobalamin)	µg	2,67		45 %
Biotin	µg	13,2		20 %
Kolin/Choline	mg	168		15 %
Kalium/Potassium	mg	491		4 %
Kasium/Calcium	mg	527		20 %
Besi/Iron	mg	8,3		15 %
Fosfor/Phosphorous	mg	306		15 %
Magnesium	mg	31		4 %
Seng/Zinc	mg	5,1		15 %
Mangan/Manganese	µg	820		15 %
Iodium/Iodine	µg	79		20 %
Tembaga/Copper	µg	460		25 %
Selenium	µg	39		50 %
Kromium/Chromium	µg	19		25 %
<b>Lain Zat Gizi / Other Nutrients</b>				
Nukleotida/Nucleotides	mg	15,2	6,1	mg
Inositol	mg	37,1	14,8	mg
L-karnitin/L-carnitine	mg	8,38	3,4	mg
Taurin/Taurine	mg	30	12,0	mg
Arginin/Arginine	mg	598	239,2	mg
Molibdenum/Molybdenum	mcg	46	18	mcg
Klorida/Chloride	mg	355	142	mg

*\*Persen AKG berdasarkan kebutuhan energi 2150 kkal. Kebutuhan energi anda mungkin lebih tinggi atau lebih rendah./\*Percentage of RDA based on 2150 kcal diet. Your daily value may be higher or lower.*