

Nutrition Information - Lipistart

Nutrients	Per 100g	Per 100ml (17.5% dilution)
Energy, kcal	423	74
Carbohydrate, g	68.7	12
Protein, g	12.0	2.1
Total fat, g	11.8	2.1
Saturated, g	11.0	1.9
Monounsaturated, g	0.3	0.05
Polyunsaturated, g	0.7	0.12
LCT, %	10	10
MCT, %	90	90
Energy from linoleic acid, %	1.4	1.4
Energy from linolenic acid, %	0.2	0.2
Vitamins		
Vitamin A, IU/mcg	1059/321	185.5/56.2
Vitamin D, IU/mcg	256/6.4	44/1.1
Vitamin E, IU/mcg	7.2/4.8	1.2/0.8
Vitamin C, mg	24.1	4.2
Vitamin K, mcg	16.7	2.9
Thiamin, mg	0.4	0.07
Riboflavin, mg	0.5	0.09
Niacin, mg	7.2	1.3
Vitamin B6, mg	0.6	0.1
Folic acid, mcg	70	12.2
Vitamin B12, mcg	0.5	0.09
Biotin, mcg	13.4	2.3
Pantothenic acid, mg	2.0	0.4
Choline, mg	58	10.2
Myo-inositol, mg	85	15
Minerals		
Sodium, mg/mmol	187/8	32.6/1.4
Potassium, mg/mmol	358/9	62.6/1/6
Chloride, mg/mmol	292/8.2	51/1.4
Calcium, mg	275	48
Phosphorus, mg	185	32.4
Magnesium, mg	38	6.6
Trace Elements		
Iron, mg	3.8	0.7
Copper, mg	0.3	0.05
Zinc, mg	2.9	0.5
Manganese, mg	0.6	0.1
Iodine, mcg	64	11.2
Molybdenum, mcg	18.3	3.2
Selenium, mcg	11.0	1.9
Chromium, mcg	25.6	4.5
Amino Acids		
L-Carnitine, mg	128	22.4
Taurine, mg	134	23.5