

# Blevit Multigrain and fiber

Helps to increase fiber intake in the baby



## AVERAGE ANALYSIS

Average composition		Per 100 g	Per serving 50 g
<b>Energy Value</b>	<b>kJ kcal</b>	<b>1551 367</b>	<b>620 147</b>
Proteins	g	9,4	3,8
Carbohydrates	g	73	29,2
of which sugars*	g	14	5,6
of which added sugars	g	0	0
Fat	g	1,9	0,8
of which saturated	g	0,7	0,3
of which monounsaturated	g	0,3	0,1
of which polyunsaturated	g	0,9	0,4
<i>trans</i> fatty acids	g	0	0
Cholesterol	mg	0	0
Fiber	g	10	4

### Minerals

Sodium	mg	40	16
Calcium	mg	250	100
Iron	mg	7,5	3
Zinc	mg	3,2	1,3

### Vitamins

Vitamin A	µg	360	144
Vitamin D	µg	6,5	2,6
Vitamin E	mg	5,9	2,4
Vitamin B <sub>1</sub>	µg	700	280
Vitamin B <sub>2</sub>	µg	500	200
Vitamin B <sub>6</sub>	µg	500	200
Vitamin C	mg	62	24,8
Folic acid	µg	45	18
Pantothenic acid	mg	2	0,8
Niacin	mg	5	2
Biotin	µg	8,8	3,5

\*Contains natural incurring sugars.