|  |  |  |
| --- | --- | --- |
| Vitamini |   | NRV\* |
| Vitamin A (RE) | 667 mcg | 83% |
| 25% kao  betakaroten |   |   |
| Vitamin E (α-TE) | 16 mg | 133% |
| Vitamin C | 80 mg | 100% |
| Vitamin K | 24,5 mcg | 33% |
| Vitamin B1 | 1,32 mg | 120% |
| Vitamin B2 | 2,1 mg | 150% |
| Vitamin B6 | 2,1 mg | 150% |
| Vitamin B12 | 3 mcg | 120% |
| Vitamin D | 10 mcg | 200% |
| Biotin | 62,5 mcg | 125% |
| Folna kislina | 300 mcg | 150% |
| Niacin (NE) | 16 mg | 100% |
| Pantotenska kislina | 7,5 mg | 125% |
| \*NRV -nutritivna referentna vrednost |   |   |
|   |   |   |
| Minerali |   | NRV\* |
| Kalcijum | 320 mg | 40% |
| Fosfor | 105 mg | 15% |
| Magnezijum | 100 mg | 27% |
| Gvožđe | 10 mg | 71% |
| Jod | 100 mcg | 67% |
| Bakar | 500 mcg | 50% |
| Mangan | 2 mg | 100% |
| Hrom | 40 mcg | 100% |
| Molibden | 50 mcg | 100% |
| Selen | 30 mcg | 55% |
| Cink | 5 mcg | 50% |
|  |  |  |
| \*NRV -nutritivna referentna vrednost |