



TRY IT BUY IT LOVE IT

Product Name:	Bettergerm Plain
Product Code:	4018 - PLA

Typical Mineral Analysis:

Mineral	Content in 100g	% RI
Potassium (mg)	1040	52.0
Phosphorous (mg)	950	135.7
Magnesium (mg)	270	72.0
Calcium (mg)	77.4	9.7
Sodium (mg)	13.8	0.6
Zinc (mg)	12.6	126.0
Iron (mg)	12.4	8.6
Manganese (mg)	11.3	565
Copper (mg)	1.01	100.1
Selenium (µg)	240	436.4

Typical Vitamin Analysis:

Vitamin	Content in 100g	% RI*
Thiamine B1 (mg)	1.10	100
Riboflavin B2 (mg)	0.18	12.9
Niacin B3 (mg)	6.4	40.0
Pantothenic Acid B5 (mg)	1.40	23.3
Pyridoxine Hydrochloride B6 (mg)	0.40	28.6
Folic Acid B9 (µg)	60	30.0
E – α tocopherol (mg)	< 0.2	< 1.7

* All % RI are based on the Daily Reference Intakes for Vitamins and Minerals (adults) as published in EU 1169/2011 Annex XIII Part A.

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