

KET'ONE ESSENTIALS

Lemon Flavour

**Food supplement. Powder with vitamins and minerals for the preparation with water.
With sweetener.**

Ingredients: Inulin, glycine, acid: citric acid; magnesium carbonate, sodium citrate, sodium chloride, natural flavouring, vitamin C, sweetener: steviol glycosides; ferrous sulfate, vitamin E, zinc sulfate, niacin, manganese gluconate, pantothenic acid, colours (copper complexes of chlorophylls and chlorophyllins, beta-carotene), copper gluconate, vitamin B6, vitamin B2, vitamin B1, potassium iodate, sodium selenite, folic acid, biotin, vitamin B12.

Average nutritional values	per serving (15 g)	% NRV * per serving (= 15 g)
Energy	172 kJ 41 kcal	
Fat of which saturates	< 0,5 g < 0,1 g	
Carbohydrates of which sugars	0,6 g < 0,5 g	
Protein	5,0 g	
Salt	1,3 g	
Vitamins		
Vitamin C	80 mg	100 %
Niacin (NE)	16 mg	100 %
Vitamin E (α-TE)	12 mg	100 %
Pantothenic acid	6,0 mg	100 %
Vitamin B6	1,4 mg	100 %
Riboflavin (=Vitamin B2)	1,4 mg	100 %
Thiamine (=Vitamin B1)	1,1 mg	100 %
Folic acid	200 µg	100 %
Biotin	50 µg	100 %
Vitamin B12	2,5 µg	100 %
Minerals		
Sodium	500 mg	**
Magnesium	375 mg	100 %
Iron	14 mg	100 %
Zinc	10 mg	100 %
Manganese	2,0 mg	100 %
Copper	1000 µg	100 %
Iodine	150 µg	100 %
Selenium	55 µg	100 %
Other substances		
Amino acids		
Glycine	4,3 g	**

* NRV= Percent of Nutrient Reference Values

** No Nutrient Reference Values available

Use: For one serving mix 15 g of powder (=2 level measuring spoons) with 200 ml of chilled water in a shaker for 20 seconds. Take 1 serving per day.

Important information: Do not exceed the stated recommended daily dose. This product should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of young children. Do not take other food supplements with zinc additionally to this product.

Store in a cool and dry place.

Contents: 300 g (= 20 servings)