



## Nutrient breakdown

	Required	Total	%
<b>Energy kcal</b>	767.10	768.19	100%
<b>Protein g</b>	26.49	73.51	278%
Tryptophan g	0.37	0.84	227%
Threonine g	1.13	3.17	281%
Isoleucine g	0.97	3.15	325%
Leucine g	1.78	5.85	329%
Lysine g	0.89	5.67	638%
Methionine g	0.89	1.83	206%
Cystine g		0.77	
Methionine and Cystine g	1.70	2.58	152%
Phenylalanine g	1.21	3.05	251%
Tyrosine g		2.40	
Phenylalanine and Tyrosine g	1.94	5.44	281%
Valine g	1.29	3.48	269%
Arginine g	0.89	5.54	624%
Histidine g	0.50	1.99	398%
Alanine g		4.28	
Aspartic acid g		7.15	
Glutamic acid g		11.34	
Glycine g		3.83	
Proline g		3.07	
Serine g		3.07	
Hydroxyproline g		0.25	
Taurine mg		0.00	
<b>Total lipid (fat) g</b>	14.53	39.84	274%
Linoleic acid g	2.91	5.78	199%
Alpha-Linolenic Acid g	0.11	0.40	353%
Arachidonic Acid g		0.32	
20:5 n-3 (EPA) g	0.12	0.69	566%
22:6 n-3 (DHA) g	0.12	0.66	541%
EPA + DHA undifferentiated g		0.00	
EPA + DHA Total g	0.24	1.34	553%
Omega 6 : Omega 3			3.36

	Required	Total	%
<b>Serving Size g</b>		570.00	
<b>Water g</b>		416.12	
<b>Dry Matter g</b>		153.88	
<b>Ash</b>		6.32	
<b>Minerals</b>			
Calcium, Ca mg	1049.73	1514.05	144%
Iron, Fe mg	8.07	11.60	144%
Magnesium, Mg mg	159.08	275.98	173%
Phosphorus, P mg	807.49	1096.53	136%
Potassium, K mg	1130.48	1682.88	149%
Sodium, Na mg	211.56	304.29	144%
Zinc, Zn mg	16.15	29.53	183%
Copper, Cu mg	1.61	2.93	181%
Manganese, Mn mg	1.29	2.02	156%
Selenium, Se µg	95.28	105.87	111%
Chloride, Cl mg	323.00	26.00	8%
Iodine, I µg	239.02	150.66	63%
Ca:P	1.00		1.4
Zn:Cu	9.50		10.1
<b>Vitamins</b>			
Vitamin C, total ascorbic acid mg		45.41	
Thiamin mg	0.60	0.65	109%
Riboflavin mg	1.38	1.89	137%
Niacin mg	4.60	24.21	526%
Pantothenic acid mg	3.96	5.76	146%
Vitamin B-6 mg	0.40	1.85	468%
Folate, total µg	71.87	107.97	150%
Choline, total mg	452.19	155.82	34%
Betaine mg		14.38	
Vitamin B-12 µg	9.29	23.73	256%
Retinol µg	403.74	429.91	106%
Vitamin E (alpha-tocopherol) mg	61.44	107.51	175%
Vitamin D3 (cholecalciferol) µg	3.63	11.06	304%
Vitamin K (phylloquinone) µg	436.04	217.77	50%