

Pregnancy & Prenatal

Dark chocolate
encapsulated
vitamin domes

NUTRITION INFORMATION			
Typical Values	Per 100g	Per Portion (4.75g)	RI per portion (4.75g)
Energy	2075 kJ 496 kcal	99 kJ 24 kcal	1%
Fat - saturated	28.4g 16.9g	1.3g 0.8g	2%
Carbohydrate - sugars	48.1g 36.6g	2.3g 1.7g	1% 2%
Fibre	8.7g	0.4g	
Protein	6.4g	0.3g	1%
Salt	0.03g	<0.01g	0%
Vitamins			
Vitamin C (Liposovit C®)	842mg	40mg	50%
Vitamin D3 (Liposovit D® vegan)	211mcg	10mcg	200%
Vitamin B6 Vitamin B12	42mg 126mcg	2mg 6mcg	140% 240%
Folic Acid (Cultavit®)	8421mcg	400mcg	200%
Minerals			
Iron (Microencapsulated ferric saccharate)	358mg	17mg	120%

