

Iron Assist

Dark chocolate
encapsulated
vitamin domes

NUTRITION INFORMATION			
Typical Values	Per 100g	Per Portion (4.75g)	RI per portion (4.75g)
Energy	2008 kJ 528 kcal	95 kJ 25 kcal	1%
Fat - saturated	33.3g 20g	1.6g 0.9g	2%
Carbohydrate - sugars	50.0g 46.3g	2.4g 2.2g	1% 2%
Fibre	9.0g	0.4g	
Protein	5.6g	0.3g	1%
Salt	0.02g	<0.01g	0%
Vitamins			
Vitamin C (L-ascorbic acid)	421mg	20mg	25%
Vitamin B6	42mg	2mg	140%
Vitamin B12	126mcg	6mcg	240%
Minerals			
Iron (Microencapsulated ferric saccharate)	253mg	12mg	86%

