

ZEST ACTIVE - NUTRITIONAL TABLE

Nutritional Information	Per Serving	% RI Per Serving
Energy	24.8 kj	0.3%
	5.9 kcal	0.3%
Fat	0 g	0%
- of which saturates	0 g	0%
- mono-unsaturates	0 g	*
- poly unsaturates	0 g	*
Carbohydrate	0.3 g	0.1%
- of which sugars	0 g	0%
- polyols	0 g	*
- starch	0 g	*
Fibre	0.1 g	*
Protein (dry basis)	0 g	0%
Salt	0 g	0%

Material Description	Per 6.1g Sachet	% NRV Per Sachet
Bakers Yeast Extract	250 mg	**
Taurine	1000 mg	**
L-Glutamine	1000 mg	**
L-Lysine	1000 mg	**
L-Theanine	100 mg	**
Choline - as L-Choline Bitartrate	50 mg	**
Vitamin D3 - Cholecalciferol	10 µg	200%
Vitamin E - D-Alpha-Tocopherol Acetate	18 mg	150%
Vitamin K2 - Menaquinone-7	75 µg	100%
Vitamin C - Ascorbic Acid (100% Active)	250 mg	313%
Vitamin B1 - Thiamine HCL	1.1 mg	100%
Vitamin B2 - Riboflavin 5-Phosphate R5P	2.8 mg	200%
Vitamin B3 - Niacinamide	24 mg	150%
Vitamin B6 - Pyridoxine HCL	4.2 mg	300%
Vitamin B9 - Folic Acid (L-5-MTHF)	400 µg	150%
Vitamin B12 - Methylcobalamin	2.5 µg	100%
Vitamin B7 - D-Biotin	150 µg	300%
Vitamin B5 - Calcium Pantothenate	12 mg	200%
Magnesium - as Magnesium Glycinate	57 mg	15%
Zinc Gluconate	7.5 mg	75%
Copper Gluconate	0.2 mg	20%
Manganese Citrate	2.0 mg	100%
Selenium - as Selenium Enriched Yeast	55 µg	100%
Chromium Picolinate	60 µg	150%
Molybdenum (Sodium Molybdate)	37.50 µg	75%

NRV Nutrient Reference Value

* = No Established NRV

1 sachet per serving.

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INGREDIENTS
Taurine, L-Glutamine, L-Lysine, Acidity Regulator (dl Malic Acid), Flavouring (Orange), Vitamin C (L-Ascorbic Acid), Bakers Yeast Extract (1,3 / 1,6 Beta Glucans), Colouring (Beta Carotene), L-Theanine, Sweetener (Steviol Glycosides), Magnesium Bisglycinate, L-Choline Bitartrate, Vitamin B3 (Nicotinamide), Vitamin E (D-Alpha-Tocopheryl Acetate), Vitamin B5 (Calcium Pantothenate), Manganese Citrate, Zinc Gluconate, Vitamin B6 (Pyridoxine HCL), Vitamin B2 (Riboflavin 5 Phosphate R5P), Vitamin B1 (Thiamin HCL), Chromium Picolinate, Folic Acid (Calcium L Methylfolate), Cupric Gluconate, Vitamin B7 (D-Biotin), Vitamin K2 (Menaquinone-7), Selenium Enriched Yeast, Vitamin D3 (Cholecalciferol) (Vegan), Vitamin B12 (Methylcobalamin), Sodium Molybdate.