



Blevit Plus Whole Multigrain

Average Composition	100 g
Energy	1553 kJ
	367 kcal
Proteins	9 g
Carbohydrates	74,6 g
of which sugars	35,5 g
Fat	1,4 g
of which saturated	0,2 g
Trans fatty acid	0 g
Fiber	10 g
FOS (3%)	

Minerals	100 g
Calcium	420 mg
Iron	10 mg
Sodium	20 mg

Vitamins	100 g
Vitamin A	450 µg (1500 UI)
Vitamin D	7,5 µg (300 UI)
Vitamin E	4,4 mg (6,6 UI)
Vitamin K	40 µg
Vitamin B ₁	0,5 mg
Vitamin B ₂	0,6 mg
Vitamin B ₆	0,8 mg
Vitamin B ₁₂	1,0 µg
Vitamin C	50 mg
Folic Acid	40 µg
Pantothenic Acid	2,8 mg
Niacine	6 mg
Biotine	15 µg