

**BLEVIT 8 CEREALS 0%**

<b>Average Composition</b>	<b>100 g</b>
Energy	1770 kJ
	420 kcal
Proteins	18,7 g
Carbohydrates	61,9 g
of which sugars*	18 g
Fat	9,8 g
of which saturated	2,5 g
Trans fatty acid	0 g
Fiber	4,6 g

<b>Minerals</b>	<b>100 g</b>
Calcium	580 mg
Iron	10 mg
Sodium	95 mg

<b>Vitamins</b>	<b>100 g</b>
Vitamin A	450 µg
Vitamin D	7,5 µg
Vitamin E	4,4 mg
Vitamin K	40 µg
Vitamin B <sub>1</sub>	500 µg
Vitamin B <sub>2</sub>	600 µg
Vitamin B <sub>6</sub>	800 µg
Vitamin B <sub>12</sub>	1 µg
Vitamin C	50 mg
Folic Acid	40 µg
Pantothenic Acid	2,8 mg
Niacine	6 mg
Biotin	15 g

\*Contains naturally occurring sugars.