



HER ALCHEMY

PREGNANCY SUPPLEMENT

# VANILLA BEAN

NUTRITIONAL INFORMATION

Serving size per package: 14   Serving size: 35g		
	Average qty per 35g serving (% of RDI*)	Average quantity per 100g
<b>Energy</b>	<b>573 kJ</b>	<b>1638 kJ</b>
<b>Protein</b>	<b>19.6 g</b>	<b>56 g</b>
<b>Fat, total</b>	<b>2.9 g</b>	<b>8.4 g</b>
- Saturated	0.6 g	1.7 g
- Trans fatty acids	0 g	0 g
- Monounsaturated	1.1 g	3.2 g
- Polyunsaturated	2 g	5.8 g
- Omega 3 (Alpha-Linolenic Acid)	270 mg	772 mg
- Omega 6	1.17 mg	3.3 g
<b>Carbohydrate</b>	<b>4 g</b>	<b>11.4 g</b>
- Sugars	0.5 g	1.4 g
<b>Sodium</b>	<b>42.9 mg</b>	<b>122.6 mg</b>
<b>Calcium</b>	<b>280mg (22%)</b>	<b>799 mg</b>
<b>Copper</b>	<b>1.7 mg (112%)</b>	<b>4.8 mg</b>
<b>Iodine</b>	<b>28 mcg (10%)</b>	<b>80 mcg</b>
<b>Iron</b>	<b>25.9 mg (96%)</b>	<b>74 mg</b>
<b>Magnesium</b>	<b>129 mg (32%)</b>	<b>368 mg</b>
<b>Manganese</b>	<b>3.3 mg (65%)</b>	<b>9.3 mg</b>
<b>Selenium</b>	<b>69.1 mcg (92%)</b>	<b>197 mcg</b>
<b>Zinc</b>	<b>10.6 mg (88%)</b>	<b>30.2 mg</b>
<b>Vitamin A</b>	<b>302 mcg RE (27%)</b>	<b>863 mcg RE</b>
<b>Thiamine (vit B1)</b>	<b>24.6 mg (1756%)</b>	<b>70.3 mg</b>
<b>Riboflavin (vit B2)</b>	<b>24.5 mg (1534%)</b>	<b>70.1 mg</b>
<b>Niacin (vit B3)</b>	<b>34.7 mg (193%)</b>	<b>99.2 mg</b>
<b>Pantothenic Acid (vit B5)</b>	<b>58.8 mg (980%)</b>	<b>168.1 mg</b>
<b>Pyridoxine (vit B6)</b>	<b>49 mg (2451%)</b>	<b>140 mg</b>
<b>Folate</b>	<b>407 mcg (68%)</b>	<b>1160 mcg</b>
<b>Vitamin C</b>	<b>98.2 mg (115%)</b>	<b>280 mg</b>
<b>Vitamin D</b>	<b>6.6 mcg (131%)</b>	<b>18.8 mcg</b>
<b>Vitamin E</b>	<b>65.8 mg (548%)</b>	<b>188 mg</b>

\*RDI based on nutritional requirements for pregnant and breastfeeding women.