



HER ALCHEMY

PREGNANCY SUPPLEMENT
COCOA

NUTRITIONAL INFORMATION

Serving size per package: 14 Serving size: 35g		
	Average qty per 35g serving (% of RDI*)	Average quantity per 100g
Energy	539 kJ	1539 kJ
Protein	18.6 g	53 g
Fat, total	2.9 g	8.1 g
- Saturated	0.8 g	2.3 g
- Trans fatty acids	0 g	0 g
- Monounsaturated	0.8 g	2.2 g
- Polyunsaturated	2 g	5.8 g
- Omega 3 (Alpha-Linolenic Acid)	238 mg	681 mg
- Omega 6	850 mg	2.43 g
Carbohydrate	3.5 g	10 g
- Sugars	0.4 g	1.1 g
Sodium	114 mg	325 mg
Calcium	282mg (22%)	805 mg
Copper	1.6 mg (112%)	4.6 mg
Iodine	28 mcg (10%)	80 mcg
Iron	25.2 mg (93%)	360 mg
Magnesium	126 mg (32%)	9.1 mg
Manganese	3.3 mg (64%)	197 mcg
Selenium	69 mcg (92%)	29.2 mg
Zinc	10.2 mg (85%)	856 mcg RE
Vitamin A	300 mcg RE (27%)	70.2 mg
Thiamine (vit B1)	24.6 mg (1755%)	70.1 mg
Riboflavin (vit B2)	24.5 mg (1534%)	99 mg
Niacin (vit B3)	34.6 mg (192%)	168.1 mg
Pantothenic Acid (vit B5)	58.8 mg (980%)	140 mg
Pyridoxine (vit B6)	49 mg (2451%)	1150 mcg
Folate	403 mcg (67%)	280 mg
Vitamin C	98.21 mg (115%)	18.8 mcg
Vitamin D	6.6 mcg (131%)	188 mg
Vitamin E	65.8 mg (548%)	

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