

Company: Industrias Alen Eveliza
 Item: Super Food Powder
 Pack Size: 1 Kg

Nutrition Facts	
Datos de Nutrición	
about 71 servings per container acerca de 71 Raciones por Envase	
Serv. size	2 tbsp (14g)
Ración	2 cucharadas (14g)
Amount per serving / Cantidad por ración	
Calories / Calorías 50	
<small>% DV* / % VD*</small>	
Total Fat / Grasa Total 1g	1%
Sat. Fat / Grasa Sat. 0g	0%
Trans Fat / Grasa Trans 0g	
Cholest. / Colest. 0mg	0%
Sodium / Sodio 0mg	0%
Total Carb. / Carb. Total 8g	3%
Fiber / Fibra 1g	4%
Total Sugars / Azúcares Total 1g	
Incl. 0g Added Sugars	0%
Incl. 0g Azúcares Añadidos	
Protein / Proteínas 3g	
Vit. D 0mcg	0%
Calcium / Calcio 10mg	0%
Iron / Hierro 0.7mg	4%
Potas. 100mg	2%
Thiamin / Tiamina 0.08mg	6%
Riboflavin / Riboflavina 0.07mg	6%
Niacin / Niacina 0.5mg	4%
Phosphorus / Fósforo 50mg	4%
Magnesium / Magnesio 20mg	4%
Zinc 1.2mg	10%
Copper / Cobre 0.09mg	10%
Manganese / Manganeso 0.24mg	10%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. *El % Valor Diario (VD) le indica cuanto un nutriente en una porcion de alimentos contribuye a una dieta diaria.</small>	

April 3, 2023

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NUTRITION ANALYSIS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Multi Column: Industrias Alen Eveliza Super Food Powder 1 Kg					
Gram Weight (g)	14.00	100.00	Vitamin B6 (mg)	0.05	0.37
Calories (kcal)	49.71	355.04	Vitamin B12 (mcg)	0.00	0.00
Basic Components			Vitamin C (mg)	0.00	0.00
Fat (g)	1.06	7.55	Vitamin D - IU (IU)	0	0
Saturated Fat (g)	0.15	1.06	Vitamin D - mcg (mcg)	0	0
Mono Fat (g)	0.15	1.10	Vitamin E - IU (IU)	0.35	2.50
Poly Fat (g)	0.32	2.27	Vitamin E - mg (mg)	0.24	1.68
Trans Fatty Acid (g)	0	0	Vitamin E - Alpha-Toco (mg)	0.24	1.68
Cholesterol (mg)	0	0	Vitamin K (mcg)	0.01	0.06
Carbohydrates (g)	7.66	54.73	Minerals		
Total Dietary Fiber (g)	1.19	8.47	Calcium (mg)	6.40	45.68
Dietary Fiber (2016) (g)	1.19	8.47	Chloride (mg)	0.75	5.34
Total Sugars (g)	1.10	7.82	Chromium (mcg)	0.00	0.00
Added Sugar (g)	0	0	Copper (mg)	0.09	0.65
Protein (g)	3.03	21.63	Iodine (mcg)	0.01	0.06
Water (g)	1.79	12.79	Iron (mg)	0.74	5.26
Ash (g)	0.46	3.30	Magnesium (mg)	21.05	150.35
Vitamins			Manganese (mg)	0.24	1.71
Biotin (mcg)	0.19	1.33	Molybdenum (mcg)	0	0
Folate, food (mcg)	17.59	125.64	Phosphorus (mg)	47.12	336.57
Folic Acid (mcg)	0.00	0.00	Potassium (mg)	95.24	680.29
Folate, DFE (mcg DFE)	17.59	125.64	Selenium (mcg)	1.12	8.02
Pantothenic Acid (mg)	0.12	0.82	Sodium (mg)	0.98	7.02
Vitamin A - IU (IU)	1.51	10.78	Zinc (mg)	1.19	8.54
Vitamin A - RAE (mcg)	0.10	0.68	Poly Fats		
Vitamin B1 - Thiamin (mg)	0.08	0.56	Omega 3 Fatty Acid (g)	0.03	0.21
Vitamin B2 - Riboflavin (mg)	0.07	0.48	Omega 6 Fatty Acid (g)	0.29	2.06
Vitamin B3 - Niacin (mg)	0.30	2.12	Other Nutrients		
Vitamin B3 - Niacin Equiv (mg)	0.54	3.86	Choline (mg)	6.90	49.26

Nutritional values shown represent the composition of this product based on data submitted by the manufacturer and their suppliers. Nutritional values are based on the product formulation and is comprised of data compiled from the United States Department of Agriculture and suppliers. NutriData guarantees the accuracy of the analysis based on the information supplied by the manufacturer(s). As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.