

<b>Step 3</b>		<b>Per 100g milk powder</b>	<b>Per 200ml Serving</b>
Energy	kJ	1936	832
Protein	g	18	8
Fat	g	18	8
Arachidonic Acid ARA	mg	30	13
DHA	mg	15	6
EPA	mg	3	1
Linoleic acid	mg	4000	1720
$\alpha$ -linolenic acid	mg	400	172
Phospholipids	mg	60	26
Lecithin	mg	60	26
L-Carnitine	mg	16	7
L-Cystine	mg	80	34
Carbohydrates	g	58	25
Nucleotides	mg	15	6
Lutein	$\mu$ g	150	65
<b>Vitamins</b>			
Vitamin C	mg	70	30
Vitamin A	IU	2000	860
$\beta$ -Carotene	$\mu$ g	100	43
Vitamin D	IU	300	129
Vitamin E	IU	8	3
Vitamin K1	$\mu$ g	45	19
Vitamin B1	$\mu$ g	550	237
Vitamin B2	$\mu$ g	800	344
Vitamin B6	$\mu$ g	920	396
Vitamin B12	$\mu$ g	2	1
Biotin	$\mu$ g	15	6
Niacin	$\mu$ g	4300	1849
Folic acid	$\mu$ g	120	52
Pantothenic acid	$\mu$ g	2500	1075
Taurine	mg	30	13
Choline	mg	50	22
Inositol	mg	22	9
<b>Minerals</b>			
Calcium	mg	850	366
Phosphorus	mg	580	249
Magnesium	mg	95	41
Iron	mg	9	4
Zinc	mg	6	3
Manganese	$\mu$ g	50	22
Sodium	mg	245	105
Potassium	mg	600	258
Chloride	mg	614	264
Copper	$\mu$ g	300	129
Iodine	$\mu$ g	92	40
Selenium	$\mu$ g	12	5