

(Thai Labeling (English))

Nutrition Information			
Serving size : 1 sachet (10 g)			
Serving(s) per sachet : 1			
<b>Amount Serving</b>			
Total energy 35 Kcal (Energy from fat 0 Kcal)			
		(Percent Thai RDI)*	
<b>Total Fat</b>	0 g.		0%
Saturated Fat	0 g.		0%
<b>Cholesterol</b>	0 mg.		0%
<b>Protein</b>	2 g.		
<b>Total Carbohydrate</b>	6 g.		2%
Dietary Fiber	3 g.		12%
Sugars	less than 1 g.		
<b>Sodium</b>	5 mg.		0%
(Percent Thai RDI)*			
<b>Vitamin A</b>	0%	<b>Vitamin B 1</b>	0%
<b>Vitamin B 2</b>	0%	<b>Calcium</b>	50%
<b>Iron</b>	8%		
* Percent Thai Recommended Daily Intakes for population over 6 years of age are based on a 2,000 kcal diet			
Energy needs vary by individuals. If your activities require energy of 2,000 kcal per day, your daily diet should provide the following nutrients			
Total Fat	Less than	65	g.
Saturated Fat	Less than	20	g.
Cholesterol	Less than	300	mg.
Total Carbohydrate		300	g.
Dietary Fiber		25	g.
Sodium	Less than	2,400	mg.
Energy (kcal) per gram: Fat 9; Protein 4; Carbohydrate 4			

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Approved by :



(Mr. Kongpan Jirawongsaroj)

Signed for the Director,  
 Laboratory Services, Bangkok Office

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