|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Nutrients | Unit | RDA [11] (4-8 years) | Vita Mamba (per 50 g sachet) | % RDA met by Vita Mamba |
| Energy | kcal | 1800 | 260 | 14.4 |
| Protein | g | 19 | 9.1 | 47.9 |
| Lipids (% of daily energy requirements) | % | 25-35 | 9 | 30 |
|  Linoleic Acid (18:2n-6) | g | 10 | 5.4 | 54 |
|  α-Linolenc Acid (18:3n-3) | g | 0.9 | 0.7 | 77.8 |
|  Docosahexaenoic acid (22:6n-3)  | mg | - | 35 | - |
| Carbohydrates | g | 130 | 19 | 14.6 |
| Vitamins |  |  |  |  |
|  Vitamin A, RAE | μg | 400 | 305 | 76.3 |
|  Thiamin (B1) | mg | 0.6 | 0.82 | 135.8 |
|  Riboflavin (B2) | mg | 0.6 | 0.82 | 135.8 |
|  Niacin (B3) | mg | 8 | 5.90 | 73.7 |
|  Pantothenic acid (B5) | mg | 3 | 0.76 | 25.3 |
|  Vitamin B6 | mg | 0.6 | 0.6 | 100 |
|  Vitamin B12 | μg | 1.2 | 1.2 | 100 |
|  Folate, DFE | μg | 200 | 165 | 82.5 |
|  Vitamin C (ascorbic acid) | mg | 25 | 59 | 236 |
|  Vitamin D (D2+D3) | μg | 5 | 7.7 | 154 |
|  Vitamin E (alpha-tocopherol) | mg | 7 | 4.54 | 64.8 |
|  Vitamin K | μg | 55 | 17.55 | 31.9 |
| Minerals |  |  |  |  |
|  Calcium | mg | 800 | 190 | 23.8 |
|  Copper | mg | 0.44 | 0.45 | 102.3 |
|  Iodine | μg | 90 | 140.5 | 156.1 |
|  Iron | mg | 10 | 11 | 110 |
|  Magnesium | mg | 130 | 75 | 57.7 |
|  Manganese | mg | 1.5 | 11 | 733.3 |
|  Phosphorus | mg | 500 | 200 | 40 |
|  Potassium | mg | 3800 | 493 | 13.0 |
|  Selenium | μg | 30 | 23 | 76.7 |
|  Sodium | mg | 1200 | 44 | 3.7 |
|  Zinc | mg | 5 | 4.9 | 98 |