|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **Baseline %<EAR** | | **Post-Fortification %<EAR** | |
| **Nutrient** | **Fortificant** | **Vehicle** | **Level (per 100g)** | **Summer** | **Winter** | **Summer** | **Winter** |
| Iron | Ferrous fumarate | Flour | 2.0 mg | 9 | 10 | 4 | 5 |
| Zinc | Zinc Oxide | N/A | 1 | 1 | N.S. | N.S. |
| Thiamin | Thiamin mononitrate | 0.4 mg | 54 | 68 | 3 | 7 |
| Riboflavin | Riboflavin | 0.2 mg | 8 | 7 | 1 | 2 |
| Niacin | Nicotinamide | N/A | 7 | 8 | N.S. | N.S. |
| Folate | Folic acid | 115 μg | 99 | 97 | 6 | 9 |
| Vitamin B12 | Cyanocoabalamin | N/A | 0 | 0 | N.S. | N.S. |
| Vitamin A | Retinol palmitate | Flour | 117 μg | 53 | 59 | 9 | 17 |
| Oil | 900 μg |
| Milk | 62 μg |
| Vitamin D | Cholecalciferol | Flour | 55 IU | 100  (42 IU/day) | 100  (28 IU/day) | 97  (213 IU/day) | 99  (202 IU/day) |
| Oil | 300 IU |
| Milk | 42 IU |
| Vitamin E | Alpha tocopherol | Oil | 10.7 mg | 99 | 99 | 95 | 96 |