

## Aptamil PDF

### NÄHRWERTE

|                                    | Pro 100 ml<br>trinkfertige Nahrung <sup>1</sup> | Pro 100 g<br>Pulver |             |  | Pro 100 ml<br>trinkfertige Nahrung <sup>1</sup> | Pro 100 g<br>Pulver |  |
|------------------------------------|-------------------------------------------------|---------------------|-------------|--|-------------------------------------------------|---------------------|--|
| <b>Energie</b>                     | <b>315</b>                                      | <b>2058</b>         | <b>kJ</b>   |  |                                                 |                     |  |
|                                    | <b>75</b>                                       | <b>492</b>          | <b>kcal</b> |  |                                                 |                     |  |
| <b>Fett</b>                        | <b>4,0</b>                                      | <b>26,0</b>         | <b>g</b>    |  |                                                 |                     |  |
| davon:                             |                                                 |                     |             |  |                                                 |                     |  |
| - gesättigte Fettsäuren            | <b>1,5</b>                                      | <b>10,1</b>         | <b>g</b>    |  |                                                 |                     |  |
| - mehrfach ungesättigte Fettsäuren | <b>0,6</b>                                      | <b>4,2</b>          | <b>g</b>    |  |                                                 |                     |  |
| <b>Kohlenhydrate</b>               | <b>7,5</b>                                      | <b>49,3</b>         | <b>g</b>    |  |                                                 |                     |  |
| davon:                             |                                                 |                     |             |  |                                                 |                     |  |
| - Zucker <sup>2</sup>              | <b>6,2</b>                                      | <b>40,8</b>         | <b>g</b>    |  |                                                 |                     |  |
| <b>Ballaststoffe</b>               | <b>0,6</b>                                      | <b>3,7</b>          | <b>g</b>    |  |                                                 |                     |  |
| <b>Eiweiß</b>                      | <b>2,1</b>                                      | <b>13,5</b>         | <b>g</b>    |  |                                                 |                     |  |
| <b>Salz</b>                        | <b>0,07</b>                                     | <b>0,45</b>         | <b>g</b>    |  |                                                 |                     |  |
| <b>Vitamine</b>                    |                                                 |                     |             |  |                                                 |                     |  |
| Vitamin A                          | <b>100</b>                                      | <b>654</b>          | <b>µg</b>   |  |                                                 |                     |  |
| Vitamin D                          | <b>1,8</b>                                      | <b>11</b>           | <b>µg</b>   |  |                                                 |                     |  |
| Vitamin E                          | <b>2,1</b>                                      | <b>14</b>           | <b>mg</b>   |  |                                                 |                     |  |
| Vitamin K                          | <b>5,9</b>                                      | <b>39</b>           | <b>µg</b>   |  |                                                 |                     |  |
| Vitamin C                          | <b>12</b>                                       | <b>77</b>           | <b>mg</b>   |  |                                                 |                     |  |
| Thiamin (Vitamin B1)               | <b>0,09</b>                                     | <b>0,61</b>         | <b>mg</b>   |  |                                                 |                     |  |
| Riboflavin (Vitamin B2)            | <b>0,15</b>                                     | <b>1,0</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Niacin                             | <b>1,2</b>                                      | <b>7,8</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Vitamin B6                         | <b>0,08</b>                                     | <b>0,52</b>         | <b>mg</b>   |  |                                                 |                     |  |
| Folsäure                           | <b>20</b>                                       | <b>131</b>          | <b>µg</b>   |  |                                                 |                     |  |
| Vitamin B12                        | <b>0,25</b>                                     | <b>1,7</b>          | <b>µg</b>   |  |                                                 |                     |  |
| Biotin                             | <b>3,1</b>                                      | <b>20</b>           | <b>µg</b>   |  |                                                 |                     |  |
| Pantothensäure                     | <b>0,6</b>                                      | <b>3,9</b>          | <b>mg</b>   |  |                                                 |                     |  |
| <b>Mineralstoffe</b>               |                                                 |                     |             |  |                                                 |                     |  |
| Natrium                            | <b>28</b>                                       | <b>180</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Kalium                             | <b>78</b>                                       | <b>508</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Chlorid                            | <b>56</b>                                       | <b>367</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Calcium                            | <b>87</b>                                       | <b>569</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Phosphor                           | <b>48</b>                                       | <b>311</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Magnesium                          | <b>7,2</b>                                      | <b>47</b>           | <b>mg</b>   |  |                                                 |                     |  |
| Eisen                              | <b>1,2</b>                                      | <b>7,8</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Zink                               | <b>0,91</b>                                     | <b>6,0</b>          | <b>mg</b>   |  |                                                 |                     |  |
| Kupfer                             | <b>0,06</b>                                     | <b>0,39</b>         | <b>mg</b>   |  |                                                 |                     |  |
| Mangan                             | <b>0,008</b>                                    | <b>0,05</b>         | <b>mg</b>   |  |                                                 |                     |  |
| Fluorid <sup>3</sup>               | <b>&lt; 0,007</b>                               | <b>&lt; 0,04</b>    | <b>mg</b>   |  |                                                 |                     |  |
| Selen                              | <b>1,7</b>                                      | <b>11</b>           | <b>µg</b>   |  |                                                 |                     |  |
| Chrom <sup>3</sup>                 | <b>&lt; 6,8</b>                                 | <b>&lt; 44</b>      | <b>µg</b>   |  |                                                 |                     |  |
| Molybdän <sup>3</sup>              | <b>&lt; 6,8</b>                                 | <b>&lt; 44</b>      | <b>µg</b>   |  |                                                 |                     |  |
| Jod                                | <b>22</b>                                       | <b>142</b>          | <b>µg</b>   |  |                                                 |                     |  |
| <b>L-Carnitin</b>                  | <b>1,1</b>                                      | <b>7,4</b>          | <b>mg</b>   |  |                                                 |                     |  |
| <b>Cholin</b>                      | <b>13</b>                                       | <b>85</b>           | <b>mg</b>   |  |                                                 |                     |  |
| <b>Inositol</b>                    | <b>22</b>                                       | <b>143</b>          | <b>mg</b>   |  |                                                 |                     |  |
| <b>Weitere Nährwerte</b>           |                                                 |                     |             |  |                                                 |                     |  |
| LCPs <sup>4</sup>                  | <b>0,035</b>                                    | <b>0,22</b>         | <b>g</b>    |  |                                                 |                     |  |
| Oligosaccharide                    | <b>0,8</b>                                      | <b>5,2</b>          | <b>g</b>    |  |                                                 |                     |  |
| davon:                             |                                                 |                     |             |  |                                                 |                     |  |
| - GOS <sup>5</sup>                 | <b>0,72</b>                                     | <b>4,7</b>          | <b>g</b>    |  |                                                 |                     |  |
| - FOS <sup>5</sup>                 | <b>0,08</b>                                     | <b>0,5</b>          | <b>g</b>    |  |                                                 |                     |  |
| <b>Taurin</b>                      | <b>4,9</b>                                      | <b>32</b>           | <b>mg</b>   |  |                                                 |                     |  |
| <b>Nucleotide</b>                  | <b>3,2</b>                                      | <b>21</b>           | <b>mg</b>   |  |                                                 |                     |  |
| <b>Osmolarität</b>                 | <b>286</b>                                      | <b>mOsmol/l</b>     |             |  |                                                 |                     |  |

<sup>1</sup>Standardauflösung: 15,3 g Pulver + 90 ml Trinkwasser = 100 ml trinkfertige Nahrung. <sup>2</sup>davon Lactose 5,9 g pro 100 ml trinkfertige Nahrung. <sup>3</sup>Natürlicher Gehalt. <sup>4</sup>LCPs = langkettige, mehrfach ungesättigte Fettsäuren. <sup>5</sup>GOS = Galactooligosaccharide, FOS = Fructooligosaccharide. Die Analysewerte unterliegen den bei Verwendung von Naturprodukten üblichen Schwankungen. Diese Spezialnahrung enthält 11 µg (entspricht 440 I.E.) Vitamin D/100 g Pulver.