

Optilait-3: Advanced growing-up formula for 12 to 24 months

Composition	Unit	Powder/100g	Prepared/100ml:15g powder
Total Calories	Kcal	482	72.3
Total Carbohydrates	g	55.8	8.37
Total Protein	g	15.2	2.28
Hydrolysed Whey Protein	g	9.12	1.36
Casein	g	6.08	0.91
Total Fat	g	22	3.3
(W3) Linolenic Acid	g	0.32	0.048
(W6) Linoleic Acid	g	4	0.6
Milk Fat	g	10	1.5
Vegetable Fat	g	6	0.9
Saturated Fatty Acid	g	2	0.3
MUFA	g	2	0.3
PUFA	g	1.5	0.225
Trans Fatty Acid	g	0.35	0.0525
Cholesterol	mg	10	1.5
Fructooligosaccharides(FOS)	g	0.5	0.075
Galactooligosaccharides(GOS)	g	4.5	0.675
Vitamins			
Vitamin A	IU	370	55.5
Vitamin C	mg	50	7.5
Vitamin D	mcg	6.2	0.93
Vitamin E	mg	5	0.75
Vitamin K	mcg	25	3.75
Thiamine	mg	0.72	0.108
Riboflavin	mg	1.1	0.165
Niacin	mg	4	0.6
Vitamin B ₆	mg	0.39	0.0585
Folic Acid	mcg	105	15.75
Vitamin B ₁₂	mcg	1.8	0.27
Pantothenic Acid	mg	3	0.45

Biotin	mcg	14	2.1
Choline	mg	60	9
Minerals			
Calcium	mg	570	85.5
Copper	mcp	300	45
Iodine	mcp	90	13.5
Iron	mg	7.2	1.08
Magnesium	mg	50	7.5
Manganese	mcp	85	12.75
Phosphorous	mg	285	42.75
Selenium	mcp	15	2.25
Zinc	mg	3.5	0.525
Potassium	mg	550	82.5
Sodium	mg	200	30
Chloride	mg	330	49.5
Taurine	mg	40	6
Inositol	mg	30	4.5
Nucleotides	mg	15	2.25