



NUTRITIONAL INFORMATION
National Formulary Lactose
Codes 310, 312, 313, 314WG, 315 and 316

Mandatory Nutrient Information	Amount Per 100 g	Source
Total calories	380	2
Calories from total fat	0	2
Total fat (g)	0	1
Saturated fat (g)	0	2
Cholesterol (mg)	0	2
Sodium (mg)	1	1
Total carbohydrate (g)	95	2
Dietary fiber (g)	0	2
Sugars (g) ^(A)	95	2
Protein (g)	0	1
Vitamin A (I.U.)	0	2
Vitamin C (mg)	0	2
Calcium (mg)	10	1
Iron (mg)	0	2
Optional Nutrient Information	Amount Per 100 g	Source
Thiamine (mg)	0	2
Riboflavin (mg)	0	2
Niacin (mg)	0	2
Potassium (mg)	2	1
Phosphorus (mg)	2	1
Magnesium (mg)	0	1

(A) Sugars are lactose (milk sugar) which is a disaccharide.

Sources:

1. Foremost analysis
2. By calculation

By: 
Quality Assurance Manager