

# L-CARNITIN 1000

+ ZINC + MAGNESIUM

## NUTRITION FACTS

NUTRITION FACTS	PER 100 ML		PER FLASK (25 ML)	
energy kJ (kcal)	192 (45)		48 (11)	
fat	0 g		0 g	
of which saturated fatty acids	0 g		0 g	
carbohydrates	14.0 g		3.5 g	
of which sugars	2.0 g		0.5 g	
fibres	0 g		0 g	
Proteins	0 g		0 g	
salt	<0.1 g		<0.05 g	
<b>VITAMINS**</b>		<b>%NRV*</b>		<b>%NRV*</b>
B1	2.8 mg	255%	0.7 mg	64%
B2	3.2 mg	229%	0.8 mg	57%
B6	4.0 mg	286%	1.0 mg	71%
B12	2.0 µg	80%	0.5 µg	20%
C	120 mg	150%	30 mg	38%
<b>MINERALS**</b>	<b>per 100 ml</b>	<b>%NRV*</b>	<b>per flask (25 ml)</b>	<b>%NRV*</b>
Magnesium	300 mg	80%	75 mg	20%
Zinc	15.2 mg	152%	3.8 mg	38%

\* nutrient reference values

1 flask (25 ml): 1000 mg L-carnitine