

Nutrition Facts

	Per 100 ml	Per 500 ml	%RI*
Energy (kcal)	100	500	25%
Energy (kJ)	418	2092	25%
Fat (g)	4.8	24	34%
of which saturates (g)	0.4	2.2	11%
Carbohydrate (g)	8.7	44	17%
of which sugars (g)	2.3	11	13%
Dietary Fiber (g)	1.0	4.9	
Protein (g)	4.9	25	49%
Salt (g)	0.19	1.0	16%

Vitamins	Per 100 ml	Per 500 ml	%RI*
Vitamin A (µg)	50	250	31%
Vitamin D (µg)	1.0	5	100%
Vitamin E (mg)	2.4	12	100%
Vitamin K (µg)	3.5	18	24%
Vitamin C (mg)	5.5	28	35%
Vitamin B1 / Thiamine (mg)	0.06	0.3	27%
Vitamin B2 / Riboflavin (mg)	0.07	0.35	25%
Vitamin B3 / Niacin (mg)	0.75	3.8	25%
Vitamin B6 (mg)	0.08	0.4	29%
Vitamin B9 / Folic Acid (µg)	15	75	38%
Vitamin B12 (µg)	0.15	0.75	30%
Biotin (µg)	2.5	13	26%
Pantothenic Acid (mg)	0.3	1.5	25%

Minerals	Per 100 ml	Per 500 ml	%RI*
Potassium (mg)	100	500	25%
Chloride (mg)	46.8	234	29%
Calcium (mg)	50	250	31%
Phosphorus (mg)	93.4	467	67%
Magnesium (mg)	17.5	87.5	23%
Iron (mg)	0.68	3.4	24%
Zinc (mg)	0.5	2.5	25%
Copper (mg)	0.1	0.5	52%
Manganese (mg)	0.1	0.5	25%
Fluoride (mg)	0.19	1.0	29%
Selenium (µg)	3.5	18	33%
Chromium (µg)	2.0	10	25%
Molybdenum (µg)	2.5	13	26%
Iodine (µg)	10	50	33%

*Reference intake of an average adult (8400 kJ/2000 kcal) per one serving (500 ml).

What Is Complete Food?

SATURO is the optimal combination of protein, carbohydrates, lipids, fiber, vitamins, and minerals for you. It contains all the nutrients your body needs to maintain a healthy and nutritious diet, ensuring that you no longer experience nutritional deficiencies, whilst limiting the less desirable dietary components.

Ingredients

Water, Maltodextrin, **Soy** Protein Isolate, High Oleic Sunflower Oil, Isomaltulose**, Canola Oil, Tricalcium Phosphate, Dimagnesium Phosphate, Potassium Citrate, Sodium Fluoride, Zinc Sulphate, Sodium Selenite, Chromium Chloride, Manganese Sulphate, Potassium Iodide, Sodium Molybdate, Vitamins A, D, K, C, B1, B2, B6, B12, Niacin, Folic Acid, Biotin, Pantothenic Acid, Starch, **Oat** Fiber Gluten Free, Isomaltooligosaccharide, Emulsifier: **Soy** Lecithin; Stabilizers: Gellan Gum, Locust Bean Gum; Salt, Natural Flavouring.

**Isomaltulose is a source of glucose and fructose. Consumption of drinks containing isomaltulose instead of other sugars induces a lower blood glucose rise after their consumption compared to sugar-containing drinks.

Allergens: See bold.

Manufacturing

This product is manufactured in Austria for Saturo Foods GmbH. Product's total shelf life is 11 months. Limited shelf life once opened. Recommended storing temperature is 5-25°C.

This product is not intended to diagnose, treat, cure or prevent any disease.

Company Headquarters

Saturo Foods GmbH
Jahngasse 4/9, Vienna 1050, Austria

Nutrition Facts

	Per 100 ml	Per 500 ml	%RI*
Energy (kcal)	100	500	25%
Energy (kJ)	419	2094	25%
Fat (g)	4.9	25	35%
of which saturates (g)	0.6	2.9	15%
Carbohydrate (g)	8.3	42	16%
of which sugars (g)	2.3	11	13%
Dietary Fiber (g)	1.2	6.2	
Protein (g)	5.0	25	50%
Salt (g)	0.2	1.0	17%

Vitamins	Per 100 ml	Per 500 ml	%RI*
Vitamin A (µg)	50	250	31%
Vitamin D (µg)	1.0	5	100%
Vitamin E (mg)	2.2	11	93%
Vitamin K (µg)	3.5	18	24%
Vitamin C (mg)	5.5	28	35%
Vitamin B1 / Thiamine (mg)	0.06	0.3	27%
Vitamin B2 / Riboflavin (mg)	0.07	0.35	25%
Vitamin B3 / Niacin (mg)	0.75	3.8	25%
Vitamin B6 (mg)	0.08	0.4	29%
Vitamin B9 / Folic Acid (µg)	15	75	38%
Vitamin B12 (µg)	0.15	0.75	30%
Biotin (µg)	2.5	13	26%
Pantothenic Acid (mg)	0.3	1.5	25%

Minerals	Per 100 ml	Per 500 ml	%RI*
Potassium (mg)	184	918	46%
Chloride (mg)	51.8	259	32%
Calcium (mg)	52.6	263	33%
Phosphorus (mg)	94.1	470	67%
Magnesium (mg)	29.9	149.5	40%
Iron (mg)	1.25	6.3	45%
Zinc (mg)	0.5	2.5	25%
Copper (mg)	0.1	0.52	52%
Manganese (mg)	0.1	0.5	25%
Fluoride (mg)	0.19	1	29%
Selenium (µg)	3.5	18	33%
Chromium (µg)	2	10	25%
Molybdenum (µg)	2.5	13	26%
Iodine (µg)	10	50	33%

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Ingredients

Water, Maltodextrin, **Soy** Protein Isolate, High Oleic Sunflower Oil, Cocoa Powder (2%), Isomaltulose**, Canola Oil, Tricalcium Phosphate, Dimagnesium Phosphate, Potassium Citrate, Sodium Fluoride, Zinc Sulphate, Sodium Selenite, Chromium Chloride, Manganese Sulphate, Potassium Iodide, Sodium Molybdate, Vitamins A, D, K, C, B1, B2, B6, B12, Niacin, Folic Acid, Biotin, Pantothenic Acid, Starch, Isomaltooligosaccharide, Emulsifier: **Soy** Lecithin; Stabilizers: Gellan Gum, Locust Bean Gum; Salt, Natural Flavouring, Sweetener: Sucralose.

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Energy (kJ)	420	2098	25%
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Carbohydrate (g)	8.3	42	16%
of which sugars (g)	3.8	19	21%
Dietary Fiber (g)	1.4	6.8	
Protein (g)	4.9	25	49%
Salt (g)	0.2	1	17%

Vitamins	Per 100 ml	Per 500 ml	%RI*
Vitamin A (µg)	50	250	31%
Vitamin D (µg)	1	5	100%
Vitamin E (mg)	2.3	11	94%
Vitamin K (µg)	3.5	18	24%
Vitamin C (mg)	5.5	28	35%
Vitamin B1 / Thiamine (mg)	0.06	0.3	27%
Vitamin B2 / Riboflavin (mg)	0.07	0.35	25%
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Vitamin B6 (mg)	0.08	0.4	29%
Vitamin B9 / Folic Acid (µg)	15	75	38%
Vitamin B12 (µg)	0.15	0.75	30%
Biotin (µg)	2.5	13	26%
Pantothenic Acid (mg)	0.3	1.5	25%

Minerals	Per 100 ml	Per 500 ml	%RI*
Potassium (mg)	108	539	27%
Chloride (mg)	46.8	234	29%
Calcium (mg)	50.2	251	31%
Phosphorus (mg)	91.5	458	65%
Magnesium (mg)	19	95	25%
Iron (mg)	0.73	3.7	26%
Zinc (mg)	0.5	2.5	25%
Copper (mg)	0.1	0.52	52%
Manganese (mg)	0.1	0.5	25%
Fluoride (mg)	0.19	1	29%
Selenium (µg)	3.5	18	33%
Chromium (µg)	2	10	25%
Molybdenum (µg)	2.5	13	26%
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Ingredients

Water, **Soy** Protein Isolate, Maltodextrin, High Oleic Sunflower Oil, Isomaltulose**, Sugar, Canola Oil, Organic Instant Coffee (1,1%), Tricalcium Phosphate, Dimagnesium Phosphate, Potassium Citrate, Sodium Fluoride, Zinc Sulphate, Sodium Selenite, Chromium Chloride, Manganese Sulphate, Potassium Iodide, Sodium Molybdate, Vitamins A, D, K, C, B1, B2, B6, B12, Niacin, Folic Acid, Biotin, Pantothenic Acid, Starch, **Oat** Fiber Gluten Free, Isomaltooligosaccharides, Cocoa Powder, Emulsifier: **Soy** Lecithin; Stabilizers: Gellan Gum, Locust Bean Gum; Salt, Natural Flavouring.

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