

# Your PopUp Meal™

Science Based Complete Drink

[www.popupmeal.eu](http://www.popupmeal.eu)

Ingredients: **semi-skimmed milk**, maltodextrin, **cream**, **milk protein**, rapeseed oil, inulin, isomaltulose, fructose, thickeners: carrageenan, carboxymethylcellulose, emulsifier: lecithin, vitamins, minerals.

<b>Nutrition Declaration</b>	<b>Unit</b>	<b>Per 100ml</b>	<b>Per serving</b>
<i>Energy</i>	kj/kcal	646 / 155	2005/ 480 (24%*)
<i>Fat</i>	g	6.8	21 (30%*)
of which			
- saturates	g	2.3	7 (35%*)
- monounsaturates	g	3.4	10.5
- polyunsaturates	g	1.1	3.5
<i>Carbohydrate</i>	g	15	46.4 (18%*)
of which			
- sugars	g	7.5	23.3 (26%*)
<i>Fibre</i>	g	3.1	9.5
<i>Protein</i>	g	6.6	20.4 (41%*)
<i>Salt</i>	g	0.15	0.48 (8%*)
<i>Calcium</i>	mg	169 (21%**)	525 (66%**)
<i>Potassium</i>	mg	146 (7%**)	451 (23%**)
<i>Magnesium</i>	mg	18 (5%**)	57 (15%**)
<i>Selenium</i>	µg	2.7 (5%**)	8.3 (15%**)
<i>Zinc</i>	mg	0.5 (5%**)	1.5 (15%**)
<i>Chromium</i>	µg	2 (5%**)	6.1 (15%**)
<i>Vitamin D</i>	µg	1.6 (32%**)	5 (100%**)
<i>Thiamine (vit B1)</i>	mg	0.1 (8%**)	0.28 (25%**)
<i>Niacin (vit B3)</i>	mg	1 (6%**)	3.2 (20%**)
<i>Pantothenic acid (vit B5)</i>	mg	0.4 (6%**)	1.2 (20%**)
<i>Vitamin B6</i>	mg	0.1 (8%**)	0.35 (25%**)
<i>Biotin (vit B7)</i>	µg	3.2 (6%**)	10 (20%**)
<i>Folic acid (vit B9)</i>	µg	21.3 (11%**)	66 (33%**)
<i>Vitamin B12</i>	µg	0.3 (11%**)	0.83 (33%**)
* % of reference intake of an average adult (8400kJ/2000kcal)			
**% of nutrient reference values for adult			