



Nutritional information

Cow & Gate Comfort milk, powder 800g

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Typical values per 100ml

*Galacto - and fructo-oligosaccharides

†LCPs = Long Chain Polyunsaturated fatty acids

		Vitamins		Minerals		Others	
Energy	275kJ						
	66kcal	Vitamin A	50µg-RE	Sodium	20mg	L-carnitine	1.0mg
Fat	3.4g		13%	Potassium	5%	Choline	10mg
of which -						Inositol	3.7mg
Saturates	1.5g	Vitamin D ₃	1.2µg	Chloride	8%	Taurine	5.3mg
- Unsaturates	1.9g		17%		41mg	Nucleotides	3.2mg
- of which		Vitamin E	0.74mg	Calcium	8%	GOS/FOS*	0.8g
LCP's	0.020g		α-TE		49mg	Osmolarity	220mOsmol/l
Arachidonic acid (AA)	0.011g		15%	Phosphorus	9%	Osmolality	250mOsmol/kg
Docosahexaenoic acid (DHA)	0.006g	Vitamin K ₁	4.1µg		27mg		H2O
Carbohydrate	7.2g		34%	Magnesium	5%		
of which sugars	3.3g	Vitamin C	9.3mg		5.5mg		
of which lactose	2.7g		21%	Iron	7%		
Fibre	0.6g	Thiamin (B ₁)	0.05mg		0.54mg		
Protein	1.5g		10%	Zinc	7%		
Salt	0.05g	Riboflavin (B ₂)	0.10mg		0.49mg		
			14%	Copper	10%		
		Niacin (B ₃)	0.85mg		0.040mg		
			NE	Manganese	8%		
			12%		0.008mg		
		Pantothenic Acid	0.36mg	Fluoride	0.7%		
			12%		≤0.006mg		
		Vitamin B ₅	0.04mg	Selenium	1.6 µg		
			6%		8%		
		Folic Acid	9.3µg	Iodine	12µg		
			7%		15%		
		Vitamin B ₁₂	0.14µg				
			18%				
		Biotin	2.1µg				
			21%				