

Horlicks Traditional

Ingredients

MALTED DRINK

Wheat Flour (46%) (contains calcium carbonate, ferric pyrophosphate, niacin and thiamin), malted **barley** (26%), dried whey (**milk**), sugar, calcium carbonate, dried skimmed **milk**, palm oil, salt, vitamin mix (vitamin C, niacin, vitamin E, pantothenic acid, vitamin B6, ribo avin, thiamin, folic acid, vitamin A, biotin, vitamin D, vitamin B12), ferric pyrophosphate, zinc oxide. Suitable for vegetarians.

Enjoy as part of a balanced diet and healthy lifestyle.

Nutritionals

| <u>Typical values</u> | <u>per 25g serving in 200ml semi-skimmed milk</u> | <u>per 100g as sold</u> |
|-----------------------|---|-------------------------|
| Energy, KJ/kcal | 794/188 | 1567/370 |
| Fat, g | 4.3 | 3.2 |
| of which saturates, g | 2.7 | 1.8 |
| Carbohydrates, g | 28.1 | 73.5 |
| of which sugars, g | 20.8 | 44.5 |
| Fibre, g | 1.0 | 3.9 |
| Protein, g | 9.5 | 9.3 |
| Salt, g | 0.5 | 1.3 |

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|-----------------------------------|---|-------------------------|------------|-----|
| | | %RI* | %RI | |
| Vitamin A, µg | 283.5 | 35 | 978 | 122 |
| Vitamin D, µg | 4.6 | 92 | 18.5 | 370 |
| Vitamin E, mg | 3.1 | 26 | 12.2 | 102 |
| Vitamin C, mg | 22.3 | 28 | 73.3 | 92 |
| Thiamin (Vitamin B1), mg | 0.5 | 46 | 1.7 | 155 |
| Riboflavin (Vitamin B2), mg | 1.0 | 71 | 2.0 | 143 |
| Niacin, mg | 5.7 | 36 | 22 | 138 |
| Vitamin B6, mg | 0.7 | 50 | 2.4 | 171 |
| Folic Acid, µg | 59 | 30 | 160 | 80 |
| Vitamin B12, µg | 2.2 | 88 | 1.2 | 48 |
| Biotin, mg | 52.2 | 104 | 184 | 368 |
| Pantothenic Acid (Vitamin B5), mg | 3.2 | 53 | 7.3 | 122 |
| Calcium, mg | 724.5 | 91 | 1910 | 239 |
| Iron, mg | 2.7 | 19 | 10.5 | 75 |
| Zinc, mg | 3.6 | 36 | 11.2 | 112 |

*RI = Reference Intake.



