

Typical values	per 100 g	per 33 g serving
Energy	1,484 kJ 350 kcal	490 kJ 115 kcal
Fat	1.1 g	0.4 g
of which		
Saturates	0.7 g	0.24 g
Mono-unsaturates	0.3 g	0.1 g
Polyunsaturates	0.04 g	0.01 g
Carbohydrate	7.8 g	2.6 g
of which		
Sugars	2.6 g	0.9 g
Fibre	1.5 g	0.5 g
Protein	76 g*	25 g*
Salt	0.5 g	0.17 g
<i>Bacillus Coagulans</i> (LactoSpore®)	270,000,000 spores	90,000,000 spores

* Protein calculated using a Nitrogen multiplier value of 6.38