

# (ONE SMOOTHIE)

**%DV\***

Vitamin D	9.5mcg	50%
Calcium	300mg	25%
Iron	9.3mg	50%
Potassium	540mg	10%
Vitamin A	800mmg RAE	90%
Vitamin C	48mg	50%
Vitamin E	10.3mg	70%
Thiamin	1mg	80%
Riboflavi	1.1mg	90%
Niacin	12.8mg	80%
Vitamin B6	1.2mg	70%
	370mcg DFE	
Folate	(218mcg folic acid)	90%
Vitamin B12	3.2 mcg	140%
Biotin	109mcg	360%
Pantothenic Acid	5.1mg	100%
Phosphorus	590mg	50%
Magnesium	265mg	60%
Zinc	8.6mg	80%
Selenium	35mcg	60%
Copper	1.1mg	130%
Chromium	46mcg	130%
Molybdenum	45mcg	100%