



Cow's Milk 2%

FOOD.BRAND

FOOD.CATEGORY

Vegetarian

Cow's Milk 2%

Nutrients

CALORIES	51 kcal (per 100g)
PROTEIN	3.4g (per 100g)
FAT	2.0g (per 100g)
CARBOHYDRATES	4.9g (per 100g)
FIBER	0.0g (per 100g)

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

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Tel.: +49 1520 744 5675

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dietspremium.com

Bank Details
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB720

Detailed Nutrient List



FAT	2 g
IRON	0.1 mg
ZINC	0.32 mg
SODIUM	45 mg
COPPER	0.02 mg
VITAMIN B3 (NIACIN)	0.1 mg
PROTEIN	3.4 g
CALCIUM	120 mg
LACTOSE	4.7 g
SUCROSE	0.2 g
VITAMIN B1 (THIAMIN)	0.03 mg
MAGNESIUM	12 mg
POTASSIUM	141 mg
MANGANESE	0.02 mg
VITAMIN E	0.02 mg
VITAMIN C (ASCORBIC ACID)	1 mg
VITAMIN D	0.02 µg
VITAMIN A	25 µg
PHOSPHORUS	86 mg
VITAMIN B6 (PYRIDOXINE)	0.05 mg
VITAMIN B2 (RIBOFLAVIN)	0.17 mg
VITAMIN B12 (COBALAMIN)	0.4 µg
CHOLESTEROL	8 mg

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4.9 g
 1.19 g



FATTY MONOUNSATURATED	0.63 g
FATTY POLYUNSATURATED	0.06 g
WATER	88.1 g
SUGAR	4.9 g
FATTY TRANS	0.1 g
SALT	0.11 g
VITAMIN K	0.2 µg
VITAMIN B9 (FOLATE)	5 µg
VITAMIN B5 (PANTOTHENIC ACID)	0.35 mg
IODINE	15 µg
SELENIUM	2.7 µg
OMEGA 3	0.03 g
OMEGA 6	0.05 g
CHLORIDE	100 mg
ASH	0.7 g
FIBER	0 g
FIBER SOLUBLE	0 g
FIBER INSOLUBLE	0 g
SUGAR ADDED	0 g
PROTEIN ANIMAL	3.4 g
PROTEIN PLANT	0 g
VITAMIN B4 (CHOLINE)	15 mg
BETA-CAROTENE	10 µg

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 Premium LUTEIN + ZEAXANTHIN
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TOTAL FAT	2 g
TOTAL PROTEIN	3.4 g

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