



Frozen Berries

FOOD.BRAND

FOOD.CATEGORY

Vegan

Nutrients

CALORIES	35 kcal (per 100g)
PROTEIN	1.3g (per 100g)
FAT	0.2g (per 100g)
CARBOHYDRATES	14.9g (per 100g)
FIBER	7.9g (per 100g)

Detailed Nutrient List

FAT

0.2 g

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

Contact:
 Email: support@dietspremium.com
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Bank Details
 Bank: Deutsche Bank 1.2 mg
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDEDB720
 0.32 mg



FIBER	7.9 g
SODIUM	2 mg
COPPER	0.11 mg
VITAMIN B3 (NIACIN)	0.35 mg
PROTEIN	1.3 g
CALCIUM	39 mg
SUCROSE	0.7 g
VITAMIN B1 (THIAMIN)	0.062 mg
MAGNESIUM	20 mg
POTASSIUM	336 mg
MANGANESE	0.73 mg
VITAMIN E	1 mg
VITAMIN C (ASCORBIC ACID)	164.3 mg
VITAMIN A	14 µg
PHOSPHORUS	58 mg
VITAMIN B6 (PYRIDOXINE)	0.08 mg
VITAMIN B2 (RIBOFLAVIN)	0.032 mg
CARBOHYDRATE	14.9 g
FATTY SATURATED	0.03 g
FATTY MONOUNSATURATED	0.01 g
FATTY POLYUNSATURATED	0.1 g
WATER	82.6 g
SUGAR	7.3 g

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FIBER SOLUBLE
FIBER INSOLUBLE

2.4 g
 5.5 g



GLUCOSE	3.8 g
FRUCTOSE	2.8 g
VITAMIN K	19.8 µg
VITAMIN B9 (FOLATE)	25 µg
CHOLESTEROL	0 mg
OMEGA 3	0.05 g
OMEGA 6	0.08 g
ASH	0.5 g
CAROTENE BETA	85 mg
LUTEIN + ZEAXANTHIN	150 mg
SALT	0.005 g
VITAMIN D	0 µg
VITAMIN B12 (COBALAMIN)	0 µg
FATTY TRANS	0 g
CHLORIDE	0 mg
SELENIUM	0.2 µg
SULFUR	0 mg
CHROMIUM	0 µg
MOLYBDENUM	0 µg
IODINE	0 µg
FLUORIDE	0 mg
COBALT	0 µg
BORON	0.5 mg

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PHYTOENE	0 µg
PHYTOFLUENE	0 µg
LYCOPENE	0 µg
ALPHA-CRYPTOXANTHIN	0 µg
BETA-CRYPTOXANTHIN	0 µg
VITAMIN B5 (PANTOTHENIC ACID)	0.2 mg
VITAMIN B7 (BIOTIN)	0.5 mg
VITAMIN B4 (CHOLINE)	12 mg
WITAMINE B8 (INOSITOL)	0 mg
TAURINE	0 mg
OXALIC ACID	15 mg
MALIC ACID	800 g
QUINIC ACID	300 g
CITRIC ACID	1200 mg

The information contained in this document is for educational purposes only and does not replace medical advice.

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