

VITAL RASPBERRY TEA

Nutritional value	100 ml beverage, prepared according to the instructions	%RDA* 100 ml beverage	200 ml beverage, prepared 1 tea bag (2.5g)	%RDA* 200 ml beverage
Energy	10 kJ (2 kcal)		20 kJ (5 kcal)	
Protein	0g		0.g	
Carbohydrate	0.6g		1.2g	
of which sugars	0.2g		0.4g	
Fat	0g		0g	
of which saturated fatty acids	0g		0g	
Dietary fibre	0g		0g	
Sodium	0g		0g	
Vitamin C	6mg	7.5%	12mg	15%
Niacin	1.2mg	7.5%	2.4mg	15%
Vitamin E	0.9mg	7.5%	1.8mg	15%
Pantothenic acid	0.45mg	7.5%	0.9mg	15%
Vitamin B6	0.105mg	7.5%	0.21mg	15%
Vitamin B2	0.105mg	7.5%	0.21mg	15%
Vitamin B1	0.0825mg	7.5%	0.165mg	15%
Folic acid	15Qg	7.5%	30Qg	15%
Biotin	3.75Qg	7.5%	7.5Qg	15%
Vitamin B12	0.1875Qg	7.5%	0.375Qg	15%