

The vitamins and minerals list for the 2nd age

substance	Amount per 100 available Calories		Amount per 100 available kilojoules	
	MINIMUM	MAXIMUM	MINIMUM	MAXIMUM
A/ VITAMINS				
VITAMIN (A)	250 I.U. OR 75 µg expressed as retinol	750 I.U. OR 225 µg expressed as retinol	60 I.U. OR 18 µg expressed as retinol	180 I.U. OR 54 µg expressed as retinol
VITAMIN (D)	40 I.U. or 1 µg	120 I.U. OR 3 µg	10 I.U. OR 0.25 µg	30 I.U. OR 0.75 µg
ASCORBIC ACID VITAMIN (C)	8mg	N.S	1.9mg	N.S
THIAMIN VITAMIN (B1)	40 µg	N.S	10 µg	N.S
RIBOFLAVIN (B2)	60 µg	N.S	14 µg	N.S
NICOTENAMAIDE	250 µg	N.S	60 µg	N.S
*VITAMIN (B6)	45 µg	N.S	11 µg	N.S
FOLIC ACID	4 µg	N.S	1 µg	N.S
PANTOTHENIC ACID	300 µg	N.S	70 µg	N.S
VITAMIN (B12)	0.15 µg	N.S	0.04 µg	N.S
VITAMIN (K1)	4 µg	N.S	1 µg	N.S
BIOTIN (VITAMIN H)	1.5 µg	N.S	0.4 µg	N.S

B/ VITAMIN (E) compound α- tocopherol	0.7 I.U. \g LINOLEIC* * ACID but in no case less than 0.7 i.u. \100 available calories	N.S	0.7 I.U. \g LINOLEIC ACID but in no case less than 0.15 i.u. \100 available kilojoules	N.S
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C/ MINERALS	Amount per 100 available Calories		kilojoules Amount per 100 available kilojoules	
	minimum	maximum	Minimum	maximum
Sodium (Na)	20mg	85mg	5mg	21mg
Potassium(K)	80mg	N.S	20mg	N.S
Chloride(Cl)	55mg	N.S	14mg	N.S
*Calcium (Ca)	90mg	N.S	22mg	N.S
*Phosphorus (P)	60mg	N.S	14mg	N.S
Magnesium (Mg)	6mg	N.S	1.4mg	N.S
Iron (Fe)	1mg	2mg	0.25mg	0.50mg
Iodine (I)	5 µg	N.S	1.2 µg	N.S
ZINC (Zn)	0.5mg	N.S	0.12mg	N.S

*Formula should contain a minimum of 15 µg vitamin B6 Per gram of protein, **or Per g polyunsaturated fatty acid expressed as linoleic acid.

*The (ca)&(p) ratio shall be not less than 1.2 and not more than 2.

N.S= not specified

the product containing more than (1mg iron Fe 100/available Calories) shall be labeled
(infant formula with iron)

- Notes : pathogenic bacterial yeast and molds to be (not detected)

- vitamin B6 must not be less than 15 microgram / 1 gm protein of food containing more than 1.8 gm protein / 100 cal.