

Available in semi solid and capsule form, these are also known for:

I T E M S	P R O T E I N	F A T	CAR BO HY DR AT ES	EN ER GY	CA LC IUM	PH OS PH OR US	IR ON	TH IA MI NE	NI AC IN	VI TA MI N-C
	g	g			k.cal	mg	mg	mg	mg	mg
A m l a	0.4	0.5	14	600	15	21	1	0.28	0.4	720
H o n e y	0.3	0	79.5	319	5	16	0.7	0	0	0