

Product: Light



Ingredients: Wheat Flour (33%), Malted Barley (19%), Dried Skimmed Milk (14%), Dried Whey, Sugar, Milk Proteins, Calcium Carbonate, Vegetable Fat, Salt, Vitamins (C, Niacin, E, Pantothenic Acid, B6, B2, B1, Folic Acid, A, Biotin, D, B12).
May contain traces of soyabeans.

NUTRITION INFORMATION

Typical values

	per 32g serve in 200ml water		per 100g as sold	Adult GDA
Energy, kJ/kcal	491/116		1533/362	8400/2000
Protein, g	4.5		14.0	45
Carbohydrate, g	22.5		70.3	30
of which sugars, g	15.8		49.2	90
Fat, g	0.9		2.7	70
of which saturates, g	0.5		1.5	20
Fibre, g	0.9		2.8	24
Sodium, g	0.2		0.6	2.4
		% RDA*		% RDA*
Vitamin A, µg	264	33	825	103
Vitamin D, µg	5.0	100	15.6	313
Vitamin E, mg	3.3	28	10.4	87
Vitamin C, mg	19.9	25	62.3	78
Thiamin (Vit B1), mg	0.5	42	1.5	132
Riboflavin (Vit B2), mg	0.5	38	1.7	118
Niacin, mg	6.0	37	18.7	117
Vitamin B6, mg	0.7	47	2.1	148
Folic Acid, µg	40	20	125	62
Vitamin B12, µg	0.9	37	2.9	117
Biotin, µg	50	100	160	312
Pantothenic Acid, mg	2.0	33	6.2	104
Calcium, mg	598	75	1868	2344

*RDA = Recommended Daily Allowance. GDAs are average values. Individual requirements may vary.

Guideline Daily Amounts:

Each 32g serving made with 200ml water contains				
Calories	Sugars	Fat	Saturates	Salt
116	15.8g	0.9g	0.5g	0.5g
6%	18%	1%	3%	8%
of an adult's guideline daily amount				

Instructions for use:

Just put 5–6 teaspoons (32g) of Horlicks into a mug, add hot water and stir well. Relax and enjoy.

Storage instructions:

Once opened, store in a cool, dry place away from sunlight. To enjoy the product at its best use within 4 weeks of opening. This pack contains 16 servings. Its contents may settle during transit.

