

HCU express plus Nutrition Information

	Units	per 100 g	per 25 g (1 packet express plus15)	per 34 g (1 packet express plus20)
Calories	kcal	316	79	107
Protein equivalent	g	60	15	20
Total carbohydrate	g	14	3.5	4.8
Sugars	g	12	0.3	0.4
Total fat	g	2.2	0.6	0.8
Saturated fat	g	0.7	0.2	0.2
Docosahexaenoic acid (DHA)	mg	400	100	136
VITAMINS				
Vitamin A	µg RE	690	172	235
Vitamin D	µg	24	6.0	8.2
Vitamin E	mg α TE	12	3.0	4.1
Vitamin C	mg	97	24	33
Vitamin K	µg	62	15	21
Thiamin	mg	1.7	0.42	0.58
Riboflavin	mg	2.0	0.50	0.68
Niacin	mg	8.8	2.2	3.0
Vitamin B6	mg	2.4	0.60	0.82
Folic acid	µg	266	66	90
Vitamin B12	µg	4.2	1.0	1.4
Pantothenic acid	mg	5.0	1.2	1.7
Biotin	µg	33	8.2	11
Choline	mg	533	133	181
MINERALS				
Sodium	mg	373	93	127
Potassium	mg	648	162	220
Chloride	mg	373	93	127
Calcium	mg	1060	265	360
Phosphorus	mg	951	238	323
Magnesium	mg	293	73	100
Iron	mg	19	4.7	6.5
Copper	mg	1.6	0.40	0.54
Zinc	mg	15	3.7	5.1
Manganese	mg	13	0.32	0.44
Iodine	µg	222	55	75
Molybdenum	µg	62	15	21
Selenium	µg	71	18	24
Chromium	µg	37	9.2	13
AMINO ACIDS				
L-Alanine	g	2.95	0.74	1.00
L-Arginine	g	4.90	1.23	1.67
L-Aspartic acid	g	6.56	1.64	2.23
L-Cystine	g	1.97	0.49	0.67
L-Glutamine	g	5.80	1.45	1.97
Glycine	g	4.31	1.08	1.47
L-Histidine	g	3.07	0.77	1.04
L-Isoleucine	g	4.62	1.16	1.57
L-Leucine	g	8.00	2.00	2.72
L-Lysine	g	5.15	1.29	1.75
L-Methionine*	g	0	0	0
L-Phenylalanine	g	3.57	0.89	1.21
L-Proline	g	4.50	1.13	1.53
L-Serine	g	3.45	0.86	1.17
L-Threonine	g	3.51	0.88	1.19
L-Tryptophan	g	1.54	0.39	0.52
L-Tyrosine	g	3.54	0.89	1.20
L-Valine	g	5.08	1.27	1.73
L-Carnitine	mg	56	14	19
Taurine	mg	117	29	40

UNFLAVORED

Ingredients: L-lysine L-aspartate, L-leucine, Maltodextrin, L-glutamine, L-valine, L-isoleucine, L-proline, L-arginine L-aspartate, Glycine, L-phenylalanine, L-tyrosine, L-threonine, L-serine, Calcium phosphate, L-histidine, Corn starch, L-alanine, Corn syrup, L-arginine, Magnesium phosphate, Refined tuna oil (fish), L-cystine, Potassium citrate, Choline bitartrate, L-tryptophan, Modified corn starch, Sodium chloride, Sodium citrate, Xanthan gum, Sodium ascorbate, Soy lecithin, Taurine, Zinc gluconate, L-carnitine L-tartrate, Potassium phosphate, Ferrous sulfate, DL-alpha tocopheryl acetate, Mono- and diglycerides, Ascorbic acid, Sodium selenite, Copper gluconate, Vitamin D3, Manganese gluconate, Niacinamide, Vitamin A acetate, Calcium pantothenate, Chromium chloride, Vitamin B12, Biotin, Tocopherols (preservative), Pyridoxine hydrochloride, Potassium iodide, Folic acid, Thiamine hydrochloride, Riboflavin, Sodium molybdate, Vitamin K1.

Contains: Fish (tuna) and Soy. **May contain:** Milk.

Osmolality

25 g (1 packet) + 90 ml (3 fl oz) water = 1705 mOsm/kg

34 g (1 packet) + 90 ml (3 fl oz) water = 2155 mOsm/kg

*No added methionine.