

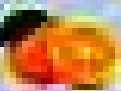





Nutrient	Function	Amount per 1 glass of Padakura (225ml)	Food with similar nutrient content
Carbohydrate	Energy source for the body	19.7g	1/2 bowl of cooked brown rice (130g) 
Protein	Helps build and repair body tissues	6.75g	1/4 cooked, skinned chicken breast (25g) 
Linolenic acid (omega-3)	An essential fatty acid	220mg	100g of hazelnut 
Vitamin B2	Involved in energy production	8.51mg	270g of cooked spinach 
Vitamin C	Functions as an antioxidant	24.7mg	1 
Calcium	Helps build strong bones and teeth	325mg	130g of silken tofu 
Iron	Integral component of red blood cells	1.15mg	10 tablespoons of cooked red kidney beans (150g) 
Zinc	Important for growth and development	1.57mg	62g of cooked shrimp 