	Units	100 ml	200 ml
Energy value	Kcal/kj	200/837	400/1674
Fats, of which	g	8.7	17
Saturated fatty acids	g	1.6	3.1
Monounsaturated fatty acids	g	5.4	11
Polyunsaturated fatty acids	8	1.8	3.6
Eicosapentaenoic acid (EPA)	mg	231	462
Docosahexaenoic acid (DHA)	mg	144	288
Carbohydrates, of which	g	20.5	41.0
Sugars	8	1.2	2.4
Dietary fiber	g	2.00	4.00
Proteins	8	8.97	17.9
Salt	8	0.15	0.30
Vitamins			
Vitamin A	μg-RE	50	100
Vitamin D		1.35	2.70
Vitamin K	μg	9.8	19.6
Vitamin C	μе		20
	mg	10.0	
Vitamin B1	mg	0.45	0.90
Vitamin B2	mg	0.50	1.00
Vitamin B6	mg	0.80	1.60
Niacin	mg-NE	4.00	8.00
Folic acid	μg	100	200
Vitamin B12	μg	1.20	2.40
Pantothenic acid	mg	0.85	1.70
Biotin	μg	3.90	7.8
Vitamin E	mg-oTE	3.50	7.00
Minerals			
Sodium	mg	60	120
Chloride	mg	90	180
Potassium	mg	75	150
Calcium	mg	100	200
Phosphorus	mg	30	60
Magnesium	mg	10.0	20.0
Iron	mg	2.00	4.00
Zinc	mg	2.00	4.00
Copper	μg	200	400
Iodine	μg	16.0	32.0
Selenium	μg	7.50	15.0
Manganese	mg	0.28	0.56
Chrome	μg	5.00	10.0
Molybdenum	μв	5.0	10.0
Others		•	
Coline	mg	42.0	84.0
L-carnitine	mg	120	240
	8	- 20	(Continued)

Oral Presentation Supplement For Composition

Minjie Lin

Oral Presentation Supplement For Composition:

Oral Presentation Supplement For Composition Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Oral Presentation Supplement For Composition**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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