

# Product: Light Chocolate

**Horlicks**  
THE ORIGINAL MALTED MILK DRINK

Ingredients: Wheat Flour (31%), Sugar, Dried Whey, Malted Barley (8%), Calcium Carbonate, Fat-Reduced Cocoa Powder, Vegetable Fat, Dried Skimmed Milk (3%), Milk Proteins, Chocolate Powder (1.6%), Glucose, Salt, Stabilisers (Dipotassium Phosphate, Sodium Polyphosphate), Vitamins (C, Niacin, E, Pantothenic Acid, B6, B2, B1, Folic Acid, A, Biotin, D, B12), Flavouring, Emulsifier (Glyceryl Monostearate), Anti-caking Agent (Tricalcium Phosphate). May contain traces of soyabeans.

## NUTRITION INFORMATION

### Typical values

	per 32g serve in 200ml water		per 100g as sold	Adult GDA
Energy, kJ/kcal	508/120		1586/375	8400/2000
Protein, g	2.6		8.0	45
Carbohydrate, g	23.1		72.3	230
of which sugars, g	15.4		48.1	90
Fat, g	1.8		5.7	70
of which saturates, g	1.3		4.0	20
Fibre, g	1.1		3.4	24
Sodium, g	0.2		0.5	2.4
		% RDA*		% RDA*
Vitamin A, µg	264	33	825	103
Vitamin D, µg	5.0	100	15.7	315
Vitamin E, mg	3.3	28	10.4	87
Vitamin C, mg	19.9	25	62.3	78
Thiamin (Vit B1), mg	0.46	42	1.5	132
Riboflavin (Vit B2), mg	0.53	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	116
Biotin, µg	50	100	160	312
Pantothenic Acid, mg	2.0	33	6.2	104
Calcium, mg	928	116	2900	362

\*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
120	15.4g	1.8g	1.3g	0.5g
6%	17%	3%	7%	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.

