

Product: Traditional



Ingredients: Wheat Flour (55%), Malted Barley (15%), Dried Whey, Sugar, Calcium Carbonate, Vegetable Fat, Dried Skimmed Milk, Salt, Vitamins (C, Niacin, E, Pantothenic Acid, B6, B2, B1, Folic Acid, A, Biotin, D, B12), Ferric Pyrophosphate, Zinc Oxide. May contain traces of soyabeans..

NUTRITION INFORMATION

Typical values

	per 25g serve in 200ml semi-skimmed milk	per 100g as sold	Adult GDA
Energy, kJ / kcal	801/189	1595/376	8400/2000
Protein, g	9.6	9.4	45
Carbohydrate, g	27.7	77.7	230
of which sugars, g	18.9	37.0	90
Fat, g	4.3	3.1	70
of which saturates, g	2.6	1.3	20
Fibre, g	0.9	3.4	24
Sodium, g	0.2	0.5	2.4
		% RDA*	% RDA*
Vitamin A, µg	287	36	978
Vitamin D, µg	4.6	93	18.5
Vitamin E, mg	3.1	26	12.2
Vitamin C, mg	22.5	28	73.3
Thiamin (Vit B1), mg	0.5	44	1.7
Riboflavin (Vit B2), mg	1.0	70	2.0
Niacin, mg	5.7	36	22.0
Vitamin B6, mg	0.7	52	2.4
Folic Acid, µg	58.6	29	160
Vitamin B12, µg	2.2	86	1.2
Biotin, µg	110	216	184
Pantothenic Acid, mg	3.2	54	7.3
Calcium, mg	725	91	1910
Iron, mg	2.7	19	10.5
Zinc, mg	3.6	36	10.9

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

Guideline Daily Amounts:

Each 25g serving made with 200ml semi-skimmed milk contains				
Calories	Sugars	Fat	Saturates	Salt
189	18.9g	4.3g	2.6g	0.5g
9%	21%	6%	13%	8%
of an adult's guideline daily amount				

Instructions for use:

Just put 3–4 teaspoons (25g) of Horlicks into a mug. Mix to a smooth paste with a little water and pour in 200ml (1/3pt) of hot milk. Stir well. Relax and enjoy. It's also easy in a microwave. Just follow the directions about using cold milk, then heat in a microwave (800W) for 1 minute. Stir well, then heat for another 30 seconds and stir again.

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 20 servings. Its contents may settle during transit.

