

NUTRITION INFORMATION

营养成分表

Servings per package: 17 serves
Serving Size: 51g (250ml)

每罐17份
每份: 51g (250ml)

	单位	每份51g	%DI* 每份	每100g
	Units	Per 51g serving	%DI* per serving	Per 100g
Energy 能量	kJ	916	11%	1795
Protein 蛋白	g	13.1	26%	25.6
Fat, total 脂肪, 总量	g	8.4	12%	16.4
- Saturated - 饱和脂肪酸	g	5.0	21%	9.8
- Trans - 反式脂肪酸	g	<1g		1.0
- Monounsaturated - 单不饱和脂肪酸	g	2.0		3.9
- Polyunsaturated - 多不饱和脂肪酸	g	<1g		<1g
- DHA - 二十二碳六烯酸	mg	33.2		65
Carbohydrates 糖类	g	21.5	7%	42.1
- Sugar - 糖	g	21.5	24%	42.1
Sodium 钠	mg	137	6%	268
Dietary fibre 膳食纤维	g	2.3	8%	4.5
Minerals 矿物质				
Calcium 钙	mg	400	50%	800
Iodine 碘	µg	75	50%	150
Potassium 钾	mg	565		1108
Phosphorus 磷	mg	369	37%	723
Zinc 锌	mg	3.0	25%	6.0
Magnesium 镁	mg	130	40%	260
Iron 铁	mg	6.0	50%	12
Vitamins 维生素				
Vitamin A 维生素 A	µg RE	195	26%	382
Vitamin D 维生素 D	µg	3.2	32%	6.3
Vitamin E 维生素 E	mg	5.0	50%	10
Vitamin B1 维生素 B1	mg	0.55	50%	1.1
Vitamin B2 维生素 B2	mg	0.85	50%	1.7
Niacin 烟酸	mg	5.0	50%	10
Vitamin B6 维生素 B6	mg	0.8	50%	1.6
Vitamin B12 维生素 B12	µg	1.0	50%	2.0
Vitamin C 维生素 C	mg	20	50%	40
Folate 叶酸	µg	100	50%	200

* Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Recommended Dietary Intake

* 每日摄入量基于成人所需8700千焦能量 | # 每日推荐量

DIETARY INFORMATION: 膳食信息:

Halal | 清真

Allergens: Contains Milk, Soy, and Fish products.

过敏原: 含有乳制品, 大豆和鱼类产品。



Est. No.: 1879

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For further information please visit:

www.natureonedairy.com

Questions about our Products?

Speak to us at enquiries@natureonedairy.com

对我们的产品有兴趣吗?

请电邮询问 enquiries@natureonedairy.com

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Maintain a Strong
and Active Lifestyle
保持强健活力的生活品质



Specially formulated
for adults 40 years
of age & above
适宜人群40岁
以上成人



- ✓ No Added Preservatives
没有添加防腐剂
- ✓ No Artificial Colours or Flavours
没有人造色素或香精
- ✓ Made in Australia with
100% grass fed cow's milk
澳大利亚制造100%草饲牛奶

A WELL-BALANCED MEAL SUPPLEMENT

FORTIPLUS® 成人营养配方奶粉

WITH REGULAR PHYSICAL ACTIVITY WILL LEAD YOU TOWARDS A HEALTHY LIFESTYLE!

均衡的膳食补充剂与定期进行体育锻炼将带您迈向健康的生活方式！



Nature One Dairy® FORTIPLUS® Nutritional Adult Formula is specially formulated for adults 40 years of age & above. It offers a rich source of vitamins and minerals including Vitamin D, Calcium, Iron, DHA and good source of Protein. As you age, eating sufficient high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think clearly. It may also help you maintain physical function and reduce muscle loss.

As we get older, our digestion becomes less efficient, so it's important to include enough fibre in our diet. FORTIPLUS® contains Dietary Fibre which promotes digestion.

奥纯冠FORTIPLUS® 成人营养配方奶粉专为40岁以上的成年人特别配制，旨在支持强健和积极的生活方式。

富含维生素和矿物质，包括B族维生素，维生素D，钙和铁，FORTIPLUS®配方也是一种很好的蛋白质来源。随着年龄的增长，摄入足够高质量的蛋白质可以帮助您保持身体机能并减少肌肉损失。



DHA (Omega 3 fatty acid)

plays an important role in brain and eye health.

DHA

大脑和眼睛发育的重要组成部分。

DIETARY FIBRE

helps promote healthy digestion.

膳食纤维

促进肠道中有益细菌的生长，以帮助维持健康的消化系统。

CALCIUM

is essential for healthy bones and helps prevent osteoporosis.

钙

强健骨骼和促进牙齿的发育。

IRON

produces hemoglobin which carries oxygen in the blood from the lungs to the rest of the body.

铁

血红蛋白的组成部分，而血红蛋白是红细胞中的蛋白质，负责将氧气输送到组织。

