

Ensure Max Protein Vitamins and Minerals Data

Ensure Max Vitamins

Particulars	Café Mocha	Milk Chocolate	Mixed Berry
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Vitamin D, mcg	70%	70%	70%
Vitamin A	30%	30%	30%
Vitamin C	50%	50%	50%
Vitamin E	25%	25%	25%
Vitamin K	25%	25%	25%
Thiamin	25%	25%	25%
Riboflavin	25%	25%	25%
Niacin	50%	50%	50%
Vitamin B6	25%	25%	25%
Folate ²⁵	25%	25%	25%
Folic Acid, mcg	%	%	%
Vitamin B12	25%	25%	25%
Biotin	25%	25%	25%
Pantothenic Acid	25%	25%	25%
Choline	15%	15%	15%

Ensure Max Minerals

Particulars	Café Mocha	Milk Chocolate	Mixed Berry
Amount Per Serving	% Daily Value	% Daily Value	% Daily Value
Calcium, mg	50%	50%	50%
Iron, mg	25%	25%	25%
Vitamin C	50%	50%	50%
Potassium, mg	-	-	10%
Phosphorus	40%	40%	40%
Iodine	25%	25%	25%
Magnesium	25%	25%	25%
Zinc	25%	25%	25%
Selenium	25%	25%	25%
Manganese	25%	25%	25%
Copper	-	25%	25%
Chromium	25%	25%	25%
Molybdenum	25%	25%	25%
Chloride	10%	10%	10%