

- High in Energy
- Very High in Vitamins
- Naturally free from Gluten
- Free from Preservatives and Colourants



## Typical nutritional information (as packed)

Nutrient	Unit	per 100g serving	% NVR'S per 100g serving*
Energy	kJ	1605	
Protein	g	6.7	12%
Glycemic Carbhydrate	g	79	
of which Total Sugar	g	23.3	
Total Fat	g	4.2	
Of which:			
Saturated Fatty Acids	g	1.3	
Trans Fatty Acids	g	0	
Monounsaturated fat	g	0.5	
Polyunsaturated Fatty Acids	g	2.4	
Of which Omega 3 fatty acids	mg	274	
Omega 6 Fatty Acids	mg	2163	
Omega 9 Fatty Acids	mg	454	
Cholesterol	mg	3	
Dietary Fibre	g	2.3	
(AOAC Method 985.29)			
Total Sodium	mg	329	
<b>Vitamins:</b>			
A (Palmitate 250 000 IU/g)	µg	11980	100%
B1 (Thiamine)	mg	1.2	100%
B2 (Riboflavin)	mg	1.3	100%
B3 (Nicotinamide)	mg	16	100%
B5 (Panthothenic Acid)	mg	5	100%
B6 (Pyridoxine)	mg	1.7	100%
B9 (Folic Acid)	µg	400	100%
B12	µg	2.4	100%
C (Ascorbic Acid)	mg	100	100%
D3 (100 000IU/g)	µg	6	100%
E	mg	15	100%
H (Biotin)	µg	30	100%

\* Nutrient Reference Values for individuals 4 years and older.

### INGREDIENTS:

Maize, milk solids (whey, skimmed milk, buttermilk), sucrose, vegetable fat, emulsifiers, stabilizers, vitamins, minerals and flavouring.

### ALLERGEN:

Milk / Dairy

## Ready to eat

Just add **hot** or **cold** water



**INSTANT**



# AMAIZE®

YOUR LIFESTYLE  
PORRIDGE

Manufacturers and Distributors of high quality nutritional products

## Improve the quality of your life

These added vitamins are good for your:

- Heart
- Brain
- Muscles
- Bones
- Hormones
- Teeth
- Blood
- Skin
- Metabolism
- Immune System

# Boost your Immune System



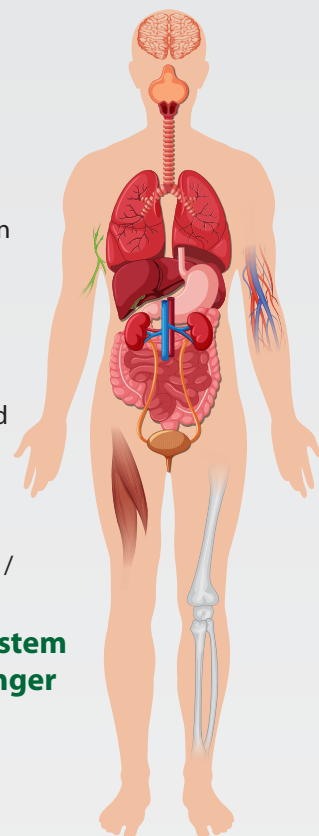
## Vitamin Enriched

**DELICIOUS HIGH ENERGY IMMUNE BOOSTER**

### Vitamins and Functions:

- A** - Bone growth / Protection against cancer
- B1** - Energy / Muscle function and growth
- B2** - Important in Metabolism / Increasing red blood cells
- B3** - Brain Function
- B6** - Brain and Immune Functions / Blood cells and Hormone regulation
- B12** - Metabolism and immune function / Hormone control
- Biotin** - Proper energy metabolism and growth / Increase antibodies
- C** - Healthy skin / Fighting infections
- D3** - Maintain bone and teeth strength
- E** - Immune Booster / Protection against cancer and heart diseases and Increases red blood cells
- F** - Immune System
- Nicotinamide** - Production of energy
- Pantothenic Acid** - Healthy cell membranes / Balanced hormone level /

**INSTANT AMAIZE PORRIDGE boost your immune system  
thus also helps HIV positive people to live longer  
and more comfortable lives.**



### Notes:

- \* **NRV's** : (Nutrient Reference Values) for persons 4 years and older
- \* **RE**: Retinol Equivalents; **TE**: Tocopherol; **IU**: International Units
- \* **Vitamin A**: 1 RE is equivalent to 3.33 IU
- \* **Vitamin D**: as cholecalciferol, 1 mcg is equivalent to 40 IU
- \* **Vitamin E**: 1 TE is equivalent to 1.49 IU



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