

## **Gerolsteiner Fit**

### Nutritional information Gerolsteiner Fit (per 100 ml)

<b>Nutrient content</b>	
Calorific value:	83,4 kJ (19,9 kcal)
Protein:	< 0,1 g
Carbohydrate:	4,5 g
of which fruit sugar:	4,4 g
of which glucose:	1,8 g
Fat:	< 0,1 g
of which saturated fats:	< 0,1 g
Fibre:	< 0,1 g
Sodium:	0,013 g
Calcium:	34,0 mg
Potassium:	11,0 mg
Vitamin C*:	9,0 mg

### Percentage of recommended daily amount:

Calcium: 4,3 %

Potassium: 3,7 %

Vitamin C\*: 15,0 %

\* 9 mg/100 ml from the Acerola cherry