

Mức đáp ứng RNI - Thực phẩm dinh dưỡng y học Glucerna

Tên dưỡng chất	Mức đáp ứng RNI/220 ml (nam 10-18 tuổi)	Mức đáp ứng RNI/220 ml (nam 19-60 tuổi)	Mức đáp ứng RNI/220 ml (nam >60 tuổi)	Mức đáp ứng RNI/220 ml (nữ 10-18 tuổi)	Mức đáp ứng RNI/220 ml (nữ 19-60 tuổi)	Mức đáp ứng RNI/220 ml (nữ >60 tuổi)	Mức đáp ứng RNI/220 ml (phụ nữ có thai)	Mức đáp ứng RNI/220 ml (phụ nữ cho con bú)
Vitamin A	36.67%	36.67%	36.67%	36.67%	44.00%	36.67%	27.50%	25.88%
Vitamin D3	28.00%	14.00%	9.33%	28.00%	14.00%	9.33%	28.00%	28.00%
Vitamin E	30.77%	33.33%	33.33%	33.33%	33.33%	33.33%	33.33%	22.22%
Vitamin K1	22.41%	22.03%	-	26.00%	25.49%	-	25.49%	25.49%
Vitamin C	30.77%	28.57%	28.57%	30.77%	28.57%	28.57%	25.00%	21.05%
Acid Folic	23.38%	23.38%	23.38%	23.38%	23.38%	23.38%	15.58%	18.70%
Vitamin B1	30.83%	30.83%	30.83%	33.64%	30.83%	33.64%	26.43%	24.67%
Vitamin B2	33.85%	33.85%	33.85%	44.00%	40.00%	40.00%	31.43%	27.50%
Vitamin B6	43.85%	33.53%	33.53%	47.50%	38.00%	38.00%	30.00%	28.50%
Vitamin B12	36.67%	36.67%	36.67%	36.67%	36.67%	36.67%	33.85%	31.43%
Niacin tương đương	27.50%	27.50%	27.50%	27.50%	31.43%	31.43%	24.44%	25.88%
Canxi	18.70%	18.70%	18.70%	18.70%	18.70%	18.70%	18.70%	18.70%
Phot pho	10.56%	18.86%	18.86%	10.56%	18.86%	18.86%	18.86%	18.86%
Magiê	15.38%	19.51%	19.51%	16.67%	19.51%	19.51%	19.51%	16.00%
Sắt	11.55%	15.85%	-	6.65%	7.40%	19.21%	4.90%	-
Kẽm	24.74%	34.29%	48.98%	30.77%	48.98%	48.98%	-	-
Iốt	23.33%	23.33%	-	23.33%	23.33%	-	17.50%	17.50%
Selen	40.63%	38.24%	39.39%	50.00%	50.00%	52.00%	43.33%	30.95%