

# Dab

**Contains:** Potassium, Iodine

**High in:** Protein, Niacin, Vitamin B12, Selenium

## Nutrition information per 100g (raw)

Macronutrients		% Reference Intake
Energy (kJ)	311	4
Energy (kcal)	74	4
Fat (g)	1.2	2
Of which saturates (g)	No data	No data
Of which monounsaturates (g)	No data	
Of which polyunsaturates (g)	No data	
Omega-3 – EPA + DHA (mg)	No data	
Of which EPA (mg)	No data	
Of which DHA (mg)	No data	
Carbohydrate (g)	0	0
Of which starches (g)	0	
Of which sugars (g)	0	0
Protein (g)	15.7	31
Salt (g)	0.19	3

- Low in fat
- Low in sugars
- Low in salt

Vitamins		% Nutrient Reference Value
Vitamin A (mcg)	0	0
Vitamin A (mcg)	No data	No data
Vitamin D (mcg)	No data	No data
Vitamin E (mg)	0.4	3
Thiamin (B1) (mg)	0.1	9
Riboflavin (B2) (mg)	0.08	6
Niacin (B3) (mg)	5.2	33
Vitamin B6 (mg)	0.19	14
Vitamin B12 (mcg)	2	80
Folate (mcg)	5	3
Pantothenic acid (mg)	0.86	14
Biotin (mcg)	1	2
Vitamin C (mg)	0	0

Minerals		% Nutrient Reference Value
Potassium (mg)	350	18
Calcium (mg)	24	3
Magnesium (mg)	24	6
Phosphorus (mg)	No data	No data
Iron (mg)	0.3	2
Copper (mg)	0.01	1
Zinc (mg)	0.5	5
Manganese (mg)	0.04	2
Selenium (mcg)	70	127
Iodine (mcg)	30	20

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## Nutritional Profile

### Dab

The benefits of macronutrients, vitamins and minerals

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#### Protein

- a growth in muscle mass
- the maintenance of muscle mass
- the maintenance of normal bones
- is needed for normal growth and development of bone in children

#### Niacin (Vitamin B3)

- the maintenance of normal skin
- the reduction of tiredness and fatigue
- the normal functioning of the nervous system
- normal psychological function
- normal energy-yielding metabolism
- the maintenance of normal mucous membranes

#### Vitamin B12

- the reduction of tiredness and fatigue
- the normal function of the immune system
- the normal functioning of the nervous system
- normal red blood cell formation
- normal psychological function
- normal energy-yielding metabolism
- normal homocysteine metabolism
- has a role in the process of cell division

#### Potassium

- the maintenance of normal blood pressure
- normal muscle function
- normal functioning of the nervous system

#### Selenium

- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative damage
- normal spermatogenesis

#### Iodine

- the maintenance of normal skin
- the normal growth of children
- normal cognitive function
- normal functioning of the nervous system
- the normal production of thyroid hormones and normal thyroid function
- normal energy-yielding metabolism