




 express™	 express™ plus+	 express™	 express™ plus+	 express™	 express™ plus+
		Per 100g	Per 100g	Per 15g PE (25g)	Per 15g PE (25g)	Per 20g PE (34g)	Per 20g PE (34g)
Energy	kJ	1260, 1192 (fl)	1339, 1297 (fl)	315, 298 (fl)	335, 325 (fl)	429, 405 (fl)	455, 434 (fl)
	kcal	297, 281 (fl)	316, 306 (fl)	74, 70 (fl)	79, 77 (fl)	101, 95 (fl)	107, 102 (fl)
Fat	g	0.2	2.2	0.05	0.55	0.07	0.75
of which saturates	g	0.0	0.7	0.0	0.18	0.0	0.24
Docosahexaenoic acid (DHA)	mg	0	400	0	100	0	136
Carbohydrate	g	13.7, 9.7 (fl)	14, 11.5 (fl)	3.4, 2.4 (fl)	3.5, 2.9 (fl)	4.7, 3.3 (fl)	4.8, 3.9 (fl)
of which sugars	g	1, 3.6 (fl)	1.2, 2.9 (fl)	0.2, 0.9 (fl)	0.3, 0.73 (fl)	0.3, 1.2 (fl)	0.41, 0.99 (fl)
Protein equivalent	g	60	60	15	15	20	20
Salt	g	1.3	1.05	0.32	0.26	0.43	0.36
<b>Vitamins</b>							
Vitamin A (RE)	µg	832	780	208	195	283	265
Vitamin D	µg	13.2	30	3.3	7.5	4.5	10
Vitamin E (αTE)	mg	15.6	16	3.9	4.0	5.3	5.4
Vitamin K	µg	100	70	25	18	34	24
Vitamin C	mg	108	110	27	28	36.7	37
Thiamin	mg	2.0	2.0	0.50	0.50	0.68	0.68
Riboflavin	mg	2.3	2.3	0.57	0.58	0.78	0.78
Niacin*	mg	24.8	10	6.2	2.5	8.4	3.4
Vitamin B6	mg	2.8	2.8	0.70	0.70	1.0	0.95
Folic Acid	µg	400	300	100	75	136	102
Vitamin B12	µg	4.8	4.8	1.2	1.2	1.6	1.6
Biotin	µg	188	38	47	9.5	63.9	13
Pantothenic acid	mg	8.0	5.7	2.0	1.4	2.7	1.9
<b>Minerals</b>							
Sodium	mg	508	420	127	105	173	143
	mmol	22	18	5.5	4.5	7.5	6.1
Potassium	mg	940	730	235	183	320	248
	mmol	23.6	18	5.9	4.6	8.0	6.2
Chloride	mg	728	420	182	105	248	143
	mmol	20.4	12	5.1	2.9	6.9	4.0
Calcium	mg	1196	1200	299	300	407	408
	mmol	30	30	7.5	7.5	10.2	10
Phosphorus	mg	1068	1070	267	268	363	364
	mmol	33.6	34	8.4	8.6	11.4	12
Magnesium	mg	376	330	94	83	128	112
	mmol	15.6	14	3.9	3.4	5.3	4.6
<b>Trace Elements</b>							
Iron	mg	21.6	22	5.4	5.5	7.3	7.5
Zinc	mg	21.6	17	5.4	4.3	7.3	5.8
Copper	mg	2.2	1.8	0.55	0.45	0.75	0.61
Manganese	mg	3.2	1.5	0.80	0.38	1.1	0.51
Selenium	µg	88	80	22	20	29.9	27
Chromium	µg	88	42	22	11	29.9	14
Molybdenum	µg	144	70	36	18	49	24
Iodine	µg	252	250	63	63	85.7	85
Taurine	mg	132	132	33	33	45	45
L-Carnitine	mg	64	64	16	16	22	22
Choline	mg	600	600	150	150	204	204

fl = Flavoured Variants

\* For niacin equivalent values – see data cards  
For amino acid profile – see data cards.  
Prepared June 2021

All products in the express and express plus range are Foods for Special Medical Purposes for the dietary management of proven inborn errors of protein metabolism.

This information is intended for HCPs only.  
**Allergens:** express plus contains **fish** (tuna oil) and **soya** (soya lecithin)



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