

NUTRITION INFORMATION

**WILD SEA CUCUMBER -
SERVING SIZE: 100G
SERVINGS PER PACK: 1**

**AVERAGE
QUANTITY
PER
SERVING**

**% DAILY
INTAKE*
(PER SERVING)**

**AVERAGE
QUANTITY
PER 100G**

ENERGY

136kJ

1.6

136kJ

PROTEIN

7.99g

16.0

7.99g

FAT, TOTAL

0.2g

0.3

0.2g

saturated

0.531g

2.2

0.531g

trans

0

0

polyunsaturated

0.101g

0.101g

omega 3

0.037g

0.037g

monounsaturated

0.045g

0.045g

CARBOHYDRATE

0g

0.0

0g

sugars

0g

0.0

0g

SODIUM

49.5mg

2.2

49.5mg

IODINE

0.105mg

70.0

0.105mg

MOLYBDENUM

0.20mg

80.0

0.20mg

*Percentage daily intakes are based on an average adult diet of 8,700kJ. Your daily intakes may be higher or lower depending on your energy needs.