



STUDYDADDY

**Get Homework Help
From Expert Tutor**

Get Help

Magnesium (mg)	310.00	Do not exceed 350 mg by supplement *
Phosphorus (mg)	700.00	Do not exceed 4000 mg *
Potassium (mg)	4,700.00	
Sodium (mg)	2,300.00	Less than 2300 mg - lower for some people +
Zinc (mg)	8.00	Do not exceed 40 mg *

Sources:

* Dietary Reference Intakes - For Adult 19-70 years, non-pregnant

+ 2010 Dietary Guidelines for Americans

- Protein is not adjusted for endurance/strength athletes at an Active or Very Active activity level.

Bar Graph Report

The Bar Graph Report displays graphically the amount of the nutrient consumed and compares that to the dietary intake recommendations.

Nutrient	Value	DRI Goal	Percent 0	50	100	150
Basic Components						
Calories	1,744.69		0 %			
Calories from Fat	488.51		0 %			
Calories from SatFat	157.02		0 %			
Protein (g)	76.00*		0 %			
Carbohydrates (g)	239.89		0 %			
Sugar (g)						
Dietary Fiber (g)	24.43		0 %			
Soluble Fiber (g)						
InSoluble Fiber (g)						
Fat (g)	54.28		0 %			
Saturated Fat (g)	17.45		0 %			
Trans Fat (g)						
Mono Fat (g)	19.39		0 %			
Poly Fat (g)	17.45		0 %			
Cholesterol (mg)	300.00		0 %			
Water (g)	2,700.00		0 %			
Vitamins						
Vitamin A - RAE (mcg)	700.00		0 %			
Vitamin B1 - Thiamin (mg)	1.10		0 %			
Vitamin B2 - Riboflavin (mg)	1.10		0 %			
Vitamin B3 - Niacin (mg)	14.00		0 %			
Vitamin B6 (mg)	1.30		0 %			
Vitamin B12 (mcg)	2.40		0 %			
Vitamin C (mg)	75.00		0 %			
Vitamin D - mcg (mcg)	15.00		0 %			
Vitamin E - Alpha	15.00		0 %			
Folate (mcg)	400.00		0 %			
Minerals						
Calcium (mg)	1,000.00		0 %			



STUDYDADDY

**Get Homework Help
From Expert Tutor**

Get Help