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Issue Date : 20-Jun-2023
Lab Ref. No. : BC/L2306/0473

CERTIFICATE OF ANALYSIS

Sample Received Date : 13-Jun-2023
Type of Sample : CHIA SEED 22 NUTRI MEAL (NM 161032)

RESULTS OF ANALYSIS

Parameter(s)	Unit	Result(s)	Method
Calories	kcal/100g	425	Methods of Analysis for Nutrition Labeling Chapter 1
Calories From Fat	kcal/100g	75	Methods of Analysis for Nutrition Labeling Chapter 1
Fat	g/100g	8	In-house Method [BLC156(I)A] Based on AOAC 32.1.14 21 st Edition (2019)
Saturated Fat	g/100g	6	In-house Method [BLC157(I)] Based on MPOB P3.4 Part 1 & P3.5 (2004)
Trans Fat	g/100g	0	In-house Method [BLC157(I)] Based on MPOB P3.4 Part 1 & P3.5 (2004)
Cholesterol	mg/100g	0	In-house Method [BLC152(I)] Based on AOAC 45.4.06 21 st Edition (2019)
Sodium	mg/100g	140	In House Method [BLC109(I)] Based on MS ISO 6869 : 2005
Total Carbohydrate	g/100g	80	Pearson's Composition and Analysis of Foods 9 th Edition (1991) Chapter 13, Page 489
Dietary Fiber	g/100g	24	Methods of Analysis for Nutrition Labeling Chapter 16, Dietary Fiber (985.29 : Total Dietary Fiber in Foods)
Sugars	g/100g	32	In-House Method [BLC159(I)] Based on AOAC 4.7.02 & 44.1.15 21 st Edition (2019) & Pearson's Composition and Analysis of Foods 9 th Edition (1991) Chapter 6, Page 195
Protein	g/100g	8	In House Method [BLC153(I)] Based on MS 3 : 1982
Vitamin A	IU/100g	0	By HPLC
Calcium	mg/100g	280	MS ISO 6869: 2005
Iron	mg/100g	0	MS ISO 6869: 2005
Vitamin C	mg/100g	0	In-house Method [BLC155(I)] using HPLC
Lactose	g/100g	0	By HPLC

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Type of Sample : CHIA SEED 22 NUTRI MEAL (NM 161032)

Nutrition Facts			
Serving Size	25 g		
Amount per serving			
Calories	110	Calories From Fat	20
		% Daily Value	
Total Fat	2 g	3 %	
Saturated Fat	1.5 g	8 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	35 mg	1 %	
Total Carbohydrate	20 g	7 %	
Dietary Fiber	6 g	24 %	
Sugars	8 g		
Protein	2 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	7 %	Iron	0 %
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Lactose Not Detected

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Type of Sample : CHIA SEED 22 NUTRI MEAL (NM 161032)

Nutrition Facts			
Serving Size	100 g		
Amount per serving			
Calories	425	Calories From Fat	75
		% Daily Value	
Total Fat	8 g	12 %	
Saturated Fat	6 g	30 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	140 mg	6 %	
Total Carbohydrate	80 g	27 %	
Dietary Fiber	24 g	96 %	
Sugars	32 g		
Protein	8 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	28 %	Iron	0 %
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
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