

Regular Egg Nog (per 250 ml serving)		
	Amount	% Daily Value
Calories	200	
Fat	1.5 g	3 %
Saturated	1 g	5 %
Trans Fat	0 g	
Cholesterol	15 mg	
Sodium	130 mg	5 %
Carbohydrate	39 g	13 %
Fibre	0 g	0 %
Sugars	37 g	
Protien	7 g	
Vitamin A		6 %
Vitamin C		0 %
Calcium		25 %
Iron		2 %
Vitamin D		0 %

Premium Egg Nog (per 250 ml serving)		
	Amount	% Daily Value
Calories	310	
Fat	11 g	17 %
Saturated	6.9 g	36 %
Trans Fat	0.4 g	
Cholesterol	60 mg	
Sodium	95 mg	4 %
Carbohydrate	42 g	14 %
Fibre	0 g	0 %
Sugars	38 g	
Protien	8 g	
Vitamin A		8 %
Vitamin C		0 %
Calcium		30 %
Iron		2 %
Vitamin D		0 %