

**Vita : vitamin enriched tuna salad wholemeal bread sandwiches / Boots Company PLC.**

**Contributors**

Boots Company.

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# VITA

vitamin enriched

TUNA SALAD

WHOLEMEAL BREAD SANDWICHES

Boots Vita Brand is a range of delicious tasting foods enriched with vitamins and minerals. By choosing from these products in combination with your normal diet you can ensure you meet the recommended average nutritional requirements.

Boots Vita Brand Tuna Salad sandwich contains at least 1/3rd of the Recommended Daily Amount\* of the vitamins and minerals listed.

Nutrition Information			% RDA*
Typical Values	per 100gram	per pack	per pack
Energy Value	162kcal (Calories)	283kcal (Calories)	
Protein	11g	19g	
Carbohydrate	17g	30g	
of which sugars	2.2g	3.8g	
Fat	5.6g	9.7g	
of which saturates	1.4g	2.4g	
Fibre	3.0g	5.2g	
Sodium	0.3g	0.5g	
Vitamin A	199µg	347µg	46%
Thiamin (Vitamin B <sub>1</sub> )	0.3mg	0.6mg	50%
Riboflavin (Vitamin B <sub>2</sub> )	0.3mg	0.6mg	38%
Niacin	6.9mg	12mg	67%
Folic Acid	64µg	112µg	37%
Vitamin B <sub>12</sub>	0.9µg	1.5µg	75%
Vitamin C (Ascorbic Acid)	6.9mg	12mg	40%
Vitamin D	1.0µg	1.8µg	72%
Calcium	129mg	225mg	45%
Iodine	30µg	53µg	38%
Iron	3.8mg	6.6mg	55%



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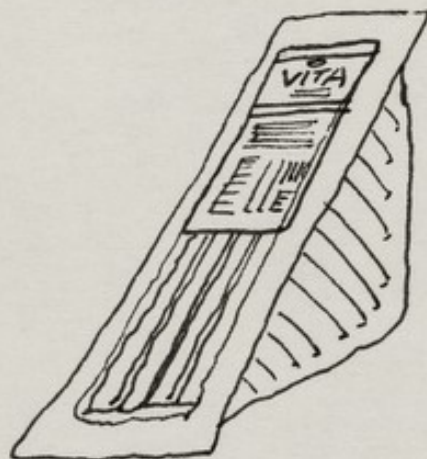
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The Boots Company PLC  
Nottingham England

PRICE

USE BY  
**24NOV**

**99p**



24-11-93: S. Lowther: Boots, 122 Tottenham Court Rd, London.