

Nutrition Facts*

1 Serving per container

Serving Size

1.75 oz (50g) X 9 Moudga pieces

1.75 oz (50g) X 1 Carriana freezie



	Unit	Amount Per Serving	RDA/AI/AMDR/CDRR/ DGA**	% RDA/AI/AMDR/ CDRR/DGA
Calories	kcal	924.2	2400.0	39%
Total Fat	g	35.4	93.3	38%
Saturated Fat	g	6.8	26.7	26%
Sodium	g	776.0	2300.0	34%
Total Carbohydrate	g	88.6	390.0	23%
Dietary Fibre	g	49.1	33.6	146%
Added Sugars (Honey)	g	5.7	60.0	10%
Protein	g	74.9	60.0	125%
Essential Minerals				
Calcium	mg	2207.5	1300.0	170%
Iodine	mcg	297	290	102%
Iron	mg	28.5	8.0	357%
Magnesium	mg	505.7	400.0	126%
Phosphorus	mg	3193.3	700.0	456%
Potassium	mg	4295.8	3400.0	126%
Zinc	mg	16.9	11.0	153%



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Essential Vitamins				
Vitamin A (Retinol Activity Equivalent)	mcg	1367.8	900.0	152%
Vitamin B1 (Thiamin)	mg	1.4	1.2	117%
Vitamin B2 (Riboflavin)	mg	1.9	1.3	145%
Vitamin B3 (Niacin Equivalent)	mg	22.4	16.0	140%
Vitamin B6 (Pyridoxine)	mg	3.1	1.3	241%
Vitamin B9 (Dietary Folate Equivalent)	mcg	617.9	400.0	154%
Vitamin B12 (Cobalamin)	mcg	8.5	2.4	353%
Choline	mg	589.9	550.0	107%
Vitamin C (L-ascorbic Acid)	mg	845.4	90.0	939%
Vitamin D (Vitamin D3, Cholecalciferol)	IU	658.6	600.0	110%
Vitamin E (Alpha-tocopherol)	mg	17.6	15.0	117%
Vitamin K (Phylloquinone)	mcg	167.9	120.0	140%
Essential Fatty-acids				
Alpha-Linolenic acid (18:3 ALA)	g	1.9	1.6	121%
LA (Linoleic Acid) (18:2 LA)	g	18.2	17.0	107%

Ingredients	100% Natural
	Contains Fish, Shellfish and Eggs.
	Gluten Free & Dairy Free.
Nutrition Facts*	The reference values are based on The Dietary Guidelines for Americans 2020-2025 (DGA) for an adult male 30 years old.
RDA/AI/AMDR/CDRR/DGA**	Recommended Daily Allowance (RDA) or Adequate Intake (AI) is the average daily intake of an essential nutrient considered adequate or assumed to be adequate to meet the requirements of a healthy male adult 30 years old respectively. Acceptable Macronutrient Distribution Range (AMDR) is the range of intake for a particular energy source that is associated with reduced risk of chronic disease while providing intakes of essential nutrients. Chronic Disease Risk Reduction Level (CDRR) is the level above which intake reduction is expected to reduce chronic disease risk within an apparently healthy population. Dietary Guidelines for Americans 2020-2025 (DGA) is published by the U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS).
Storage	Moudga shall be stored frozen to be valid for 3 months from production date. Once prepared, it can be stored in the fridge (or an icebox) for one day and can be re-microwaved upon consumption. Carraina's Freezie should always be stored frozen.
Preparation	To prepare Moudga, remove the outer package and Carraina Freezie, then microwave for 3 minutes, and leave to cool for 1 minute before consumption. Carraina's Freezie can be consumed frozen or liquid.
Use	Moudga can be safely consumed on daily basis by both genders starting 14 years. Moudga can be served hot or cold. It is not recommended to consume more than more than one serving of Moudga per day.
Pregnancy and Lactation	Moudga is developed to accommodate for the higher need of Vitamins and Minerals during pregnancy and lactation. Moudga contains no liver extract to protect against Vitamin A toxicity.
Seafood	Mercury level in Moudga is closely monitored rendering it safe to be consumed on daily basis.
	It is recommended to follow FDA & EPA's advice about eating Fish, when consuming Seafood other than Moudga.
Food supplements/Fortified Food	Moudga is perfectly balanced to satisfy body needs of all the essential nutrients through natural food ingredients. It is neither needed nor recommended to use food supplements/fortified food along with Moudga unless prescribed by a physician.