

LACTOSE ALTERNATIVE VITAMIN PROFILE

Comparative Nutritional Analysis per 240ml (1 Cup)

Print Chart

ALTERNATIVE	VITAMIN D	VITAMIN B12	VITAMIN A	CALCIUM
Almond (Fortified)	2.5 mcg	0.0 mcg	150 mcg	450 mg
Soy (Fortified)	2.9 mcg	1.2 mcg	150 mcg	300 mg
Oat (Fortified)	3.6 mcg	1.2 mcg	160 mcg	350 mg
Coconut (Carton)	2.5 mcg	1.5 mcg	150 mcg	120 mg
Rice (Fortified)	2.4 mcg	1.5 mcg	150 mcg	280 mg
Cashew (Fortified)	2.0 mcg	0.0 mcg	150 mcg	450 mg

*Values are representative of standard fortified commercial products. Check specific labels for exact brand measurements.

Notes:
