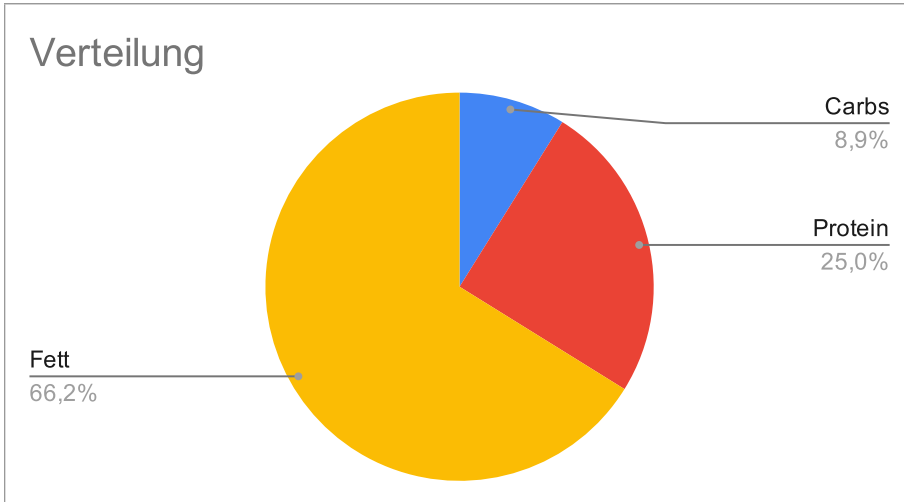


Durchschnittliche Nährstoffverteilung

Grundwerte		Now	Bed	kcal	Anteil
Kalorien	<div style="width: 100%; height: 10px; background-color: green;"></div>	1057	2000	943	
Carbs	<div style="width: 100%; height: 10px; background-color: green;"></div>	43	50	177	8,8%
Protein	<div style="width: 100%; height: 10px; background-color: green;"></div>	121	100	497	24,8%
Fett	<div style="width: 100%; height: 10px; background-color: red;"></div>	42	50	374	65,8%

Protein / kg	
60	2,02
75	1,62
90	1,35
110	1,10



Mineralstoffe		Now	Bed	Vitamine	Now	Bed	Aminosäuren	Now	Bed	
Kalzium	<div style="width: 100%; height: 10px; background-color: red;"></div>	673	1011	Vit. C	<div style="width: 100%; height: 10px; background-color: green;"></div>	204	Tryptophan	<div style="width: 100%; height: 10px; background-color: green;"></div>	1	1
Eisen	<div style="width: 100%; height: 10px; background-color: green;"></div>	14	12	Vit A+RA	<div style="width: 100%; height: 10px; background-color: green;"></div>	1914	Threonin	<div style="width: 100%; height: 10px; background-color: green;"></div>	5	4
Magnesium	<div style="width: 100%; height: 10px; background-color: green;"></div>	354	320	Vit. D IU	<div style="width: 100%; height: 10px; background-color: red;"></div>	127	Isoleucin	<div style="width: 100%; height: 10px; background-color: green;"></div>	5	5
Phosphor	<div style="width: 100%; height: 10px; background-color: green;"></div>	1503	776	B1	<div style="width: 100%; height: 10px; background-color: red;"></div>	0,9	Leucin	<div style="width: 100%; height: 10px; background-color: red;"></div>	9,4	10,0
Kalium	<div style="width: 100%; height: 10px; background-color: green;"></div>	3099	1885	B2	<div style="width: 100%; height: 10px; background-color: green;"></div>	2,6	Lysin	<div style="width: 100%; height: 10px; background-color: green;"></div>	9,4	8,0
Natrium	<div style="width: 100%; height: 10px; background-color: red;"></div>	3282	4283	B3	<div style="width: 100%; height: 10px; background-color: green;"></div>	35,8	Methionin	<div style="width: 100%; height: 10px; background-color: green;"></div>	3,0	3,0
Zink	<div style="width: 100%; height: 10px; background-color: green;"></div>	13,0	9,3	B5	<div style="width: 100%; height: 10px; background-color: green;"></div>	8,1	Cystin	<div style="width: 100%; height: 10px; background-color: green;"></div>	1,4	1,0
Kupfer	<div style="width: 100%; height: 10px; background-color: green;"></div>	3445	878	B6	<div style="width: 100%; height: 10px; background-color: green;"></div>	3,3	Phenylalanin	<div style="width: 100%; height: 10px; background-color: green;"></div>	4,9	3,5
Fluorid	<div style="width: 100%; height: 10px; background-color: green;"></div>	794	435	B9	<div style="width: 100%; height: 10px; background-color: green;"></div>	474	Tyrosin	<div style="width: 100%; height: 10px; background-color: green;"></div>	4,2	3,5
Mangan	<div style="width: 100%; height: 10px; background-color: red;"></div>	2,2	2,9	B12	<div style="width: 100%; height: 10px; background-color: green;"></div>	17,8	Valin	<div style="width: 100%; height: 10px; background-color: red;"></div>	5,8	6,0
Selen	<div style="width: 100%; height: 10px; background-color: green;"></div>	137	52	K1	<div style="width: 100%; height: 10px; background-color: green;"></div>	778	Arginin	<div style="width: 100%; height: 10px; background-color: green;"></div>	6,8	3,0
Salz	<div style="width: 100%; height: 10px; background-color: green;"></div>	8,3	5,0	K2 MK-4	<div style="width: 100%; height: 10px; background-color: red;"></div>	0,7	Alanin	<div style="width: 100%; height: 10px; background-color: green;"></div>	5,8	1,0
Wasser	<div style="width: 100%; height: 10px; background-color: green;"></div>	3961	3000	Vit. E	<div style="width: 100%; height: 10px; background-color: red;"></div>	5	Serin	<div style="width: 100%; height: 10px; background-color: green;"></div>	4,9	0,5

Tag	Kcal	Carbs	Protein	Fett
1000 Tag 1	1072	29	127	48
1000 Tag 10	1262	20	114	75
1000 Tag 2	1045	49	145	26
1000 Tag 3	1016	52	118	35
1000 Tag 4	1017	48	123	36
1000 Tag 5	1058	52	118	40
1000 Tag 6	1022	64	111	33
1000 Tag 7	1025	34	126	38
1000 Tag 8	1051	39	122	43
1000 Tag 9	1002	42	106	41
Gesamtsumme	10571	431	1211	415

Durchschnitt 1057 43 121 42
kcal g g g

Tag	Eisen	MG	Zink	Vit. A	Vit. B3	Vit. B12	Vit. C	Ballast.	Natrium
1000 Tag 1	26	590	26	2704	25	10	148	14	3348
1000 Tag 10	14	388	11	263	37	4	27	3	4148
1000 Tag 2	12	285	10	590	42	4	476	14	3441
1000 Tag 3	7	293	8	140	34	10	258	13	2889
1000 Tag 4	9	382	12	491	40	2	396	12	2444
1000 Tag 5	7	260	11	173	40	5	316	10	3727
1000 Tag 6	8	295	8	320	38	3	96	11	3043
1000 Tag 7	13	259	10	1264	41	10	32	5	3618
1000 Tag 8	30	611	17	12707	47	121	172	15	3539
1000 Tag 9	9	174	17	488	15	9	119	4	2624
Gesamtsumme	137	3537	130	19141	358	178	2040	102	32821

Durchschnitt 14 354 13 1914 36 18 204 10 3282
mg mg mg µg mg µg mg g mg