

# Nutrition Facts

**Coconut Water** Serving size (100g)

Amount Per Serving

**Calories**

**20**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0.18g	<b>1%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> < 1g	<b>1%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 26mg	<b>2%</b>
<b>Iron</b> 0.54mg	<b>4%</b>
<b>Potassium</b> 329mg	<b>8%</b>
<b>Vitamin C</b>	<b>4%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.