**Fluids – Vitamin and Mineral Content**

| **Type of Fluid** | **Vitamin C** | **Vitamin B6**  **(Pyridoxine)** | **Vitamin B12**  **(Cyanocobalamin )** | **Folate (B9)** | **Vitamin B1**  **(Thiamine)** | **Vitamin D** | **Calcium** | **Iron** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Recommended Daily Intake** |  | All Adult Males – 1.4 ug/d  All Adult females – 1.2ug /d | All Adults  1.5ug /d | All Adults  200ug / d | Males 19- 64 – 1mg/d  Males 65+ - 0.9mg/d  Females 19-64 – 0.8mg/d  Females 65-74 – 0.8mg  Females 75+ - 0.7mg/d | All Adults  10ug /d | All Adults – 700mg/d | All Adult Males and Adult female aged 65+ – 8.7mg/d  Adult Female aged  19- 50 yrs -14.8mg/d |
| Milk 100ml Full Fat) | 2mg | 0.06ug | 0.9ug | 8ug | 0.03mg | Trace | 124mg | 0.02mg |
| Ovaltine (Original) – 100ml  (25g powder made with 200ml Semi-Skimmed milk) | 12mg | 0.25mg | 1.25ug | 34.3ug | 0.17mg | Trace | 224mg | 1.75mg |
| Horlicks (Original) – 100ml  (25g powder made with 200ml Semi-Skimmed milk) | 12mg | 0.35mg | 0.75ug | 30ug | 0.2mg | 1.5ug | 400mg | 1.35mg |
| Hot Chocolate (Original)  (18g powder made with 200ml Semi-Skimmed milk) | Same as for milk! | | | | | | | |
| Tea | X | X | X | X | X | X | X | Prevent absorption due to polyphenols |
| Coffee | X | X | X | X | X | X | X |
| Bovril – 100ml  (12g large teaspoon made with 275ml hot water) | X | X | 0.29ug | 47ug | 0.35mg | X | X | 0.81mg |
| Marmite  Per 8g serving made with 100ml water | X | X | 1.9ug | 100ug | 0.62mg | X | X | X |
| Fresh Orange Juice – 100ml  (From Concentrate) | 20mg | X | X | X | X | X | X | X |
| Fresh Orange Juice – 100ml  (Pure Squeezed NOT From Concentrate) | 22mg | X | X | X | X | X | X | X |
| Vimto – No Added Sugar  100ml made 1-part Vimto to 4 parts water. | 6mg | X | X | X | X | 0.375ug | X | X |
| Ribena Blackcurrant - No Added Sugar  100ml made 1-part to 4 parts water. | 32mg | X | X | X | X | X | X | X |
| Get More Vits Multivitamin Squash – 100ml  Apple & Blackcurrant  made 1-part to 4 parts water. | 16mg | 0.28mg | 0.5ug | X | 0.22mg | 1ug | X | X |
| Cheap Squash – Apple & Blackcurrant  Quadruple Strength – No Added Sugar  100ml made 1part squash to 19 parts water | X | X | X | X | X | X | X | X |

References:

Vimto - <https://www.vimto.co.uk/squash-faqs/>

Bovril - <https://www.checkyourfood.com/ingredients/ingredient/1817/beef-extract-bovril-style>

<https://www.sainsburys.co.uk/gol-ui/product/>

Iron Absorption: [Inhibition of Iron Absorption by Coffee and the Reduced Risk of Type 2 Diabetes Mellitus | Complementary and Alternative Medicine | JAMA Internal Medicine | JAMA Network](https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/411511)

Among elderly participants in the Framingham Heart Study,[2](https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/411511#ref-ile60071-2) each 236 mL/wk (1 cup per week) of coffee consumed was associated with 1% lower serum ferritin concentration.

The polyphenolic content typical in a cup of instant coffee reduces iron absorption from a test meal by 60% to 90%.