



Information for Health Professionals

HEALTH CLAIMS AND PORK

RICH SOURCE	SOURCE	APPROVED CLAIMS/ BENEFITS OF NUTRIENTS TO HEALTH
Niacin (Vit B3)		Niacin supports normal energy metabolism and contributes to normal psychological function and a normal nervous system. Niacin supports normal skin and plays a role in reducing tiredness and fatigue.
Vitamin B6		Vitamin B6 supports normal energy-yielding metabolism and helps the nervous system and immune system to work normally. Vitamin B6 supports normal psychological function and the normal formation of red blood cells. Vitamin B6 also plays a role in reducing tiredness and fatigue.
Vitamin B12		Vitamin B12 supports normal energy-yielding metabolism and contributes to the normal function of the immune system. Vitamin B12 supports normal psychological function and the normal formation of red blood cells and plays a role in reducing tiredness and fatigue.
Protein (naturally rich)		Protein supports the building and maintenance of normal muscles, as well as the maintenance of normal bones. Protein is also needed for the normal growth and development of children.
	Zinc	Zinc supports normal cognitive function, fertility and reproduction. Zinc helps the immune system to work normally and contributes towards normal vision, hair, nails, bones and skin. Zinc also contributes to the maintenance of normal testosterone levels in the blood, helps the body metabolise a range of nutrients, including vitamin A, and has a role in the process of cell division.
	Phosphorus	Phosphorus supports normal energy-yielding metabolism and contributes to the maintenance of normal bones and teeth. Phosphorus is also needed for normal growth and development of children's bones.
	Potassium	Potassium helps the nervous system and muscles to work normally and contributes to the maintenance of normal blood pressure.
	Selenium	Supports normal hair and nails. Selenium contributes to normal thyroid function and sperm production. Selenium also helps the immune system to work normally.
	Riboflavin	Pork is a source of riboflavin, which supports normal skin and vision. Riboflavin also helps reduce tiredness and fatigue and plays a role in the normal functioning of the nervous system. Riboflavin plays a role in the maintenance of normal red blood cells and the normal metabolism of iron.
	Pantothenic acid	Supports normal mental performance and normal energy-yielding metabolism, plus helps reduce tiredness and fatigue.
Thiamin		Thiamin supports energy production and helps the nervous system to work normally. Thiamin also supports normal psychological function and contributes to the normal functioning of the heart.
	Sodium	Reducing consumption of sodium contributes to the maintenance of normal blood pressure.

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▶▶▶ NUTRIENT CONTENT OF LEAN PORK

Based on average lean pork per 100g raw

Protein	22g
Fat	4g
Saturated Fat	1.4g
Energy	123kcal/519kj
Sodium	63mg (0.1575g)
Potassium	380mg
Phosphorous	190mg
Zinc	2.1mg
Niacin	6.9mg
Vitamin B6	0.54mg
Vitamin B12	1.0ug
Pantothenic acid	1.46mg
Selenium	13ug
Thiamin	0.98mg
Iron	0.7mg



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