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	Qnet. ar 4800 St. d 2.5% 18% Vdaf 38% Na ₂ O 2.0% 0. xxx / .	Qnet. ar <4800 Kcal / Qnet. ar 100 0.005 / . 100 38%<Vdaf 40% Vdaf 1 0.002 / Vdaf 40% . 1 0.005 / . 8000 < 12000 8000 0.02 / . >12000 12000 0.03 / .	1. 2.5%<St. d 3.0% St. d 0.1 1 2. 3.0%<St. d 3.5% St. d 0.1 2 3. St. d>3.5% St. d 0.1 5	90-110% 80% <90% -0.002 / . 70% <80% -0.004 / . 60% <70% -0.006 / . 50% <60% -0.008 / . 40% <50% -0.010 / . <40% -0.020 / .				
		Qnet. ar 4600Kcal / St. d 4.0% 15% Vdaf 40% Na ₂ O 2.0%	Qnet. ar <4600 St. d 4% Vdaf <15% Vdaf 40% 2.0% Vdaf <15% 20 / Vdaf <18% 20 /					
			(/ .)	(%)	%		%	
				18% Vdaf 38%	2.5%	4800	2.0%	

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Qnet. ar 4800kcal St. d 2.5% 18% Vdaf 38% 2.0%

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