



Nutritional Information (Approx. value)

Prohance	Unit	Powder (per 100gm)	% RDA per Serve (50gm)
Energy	kcal	442	11.0*
Protein	gm	16.6	15.4
Leucine	gm	0.9	17.7
Lysine	gm	0.8	20.5
Carbohydrate	gm	59	
Total Sugars	gm	20	
Added Sugars	gm	15.5	15.5*
FOS (Fructo-oligosaccharides)	gm	3.6	
Fat	gm	14.7	11.0*
Saturated Fatty Acids	gm	2.0	4.5*
Monounsaturated Fatty Acids	gm	8.5	
Polyunsaturated Fatty Acids	gm	2.6	
Linoleic Acid	gm	2.3	
α-Linolenic Acid	mg	355	
Trans Fatty Acids	gm	0	0.0*
Cholesterol	mg	0	
Vitamins			
Vitamin A (from Acetate)	µgRE	260.00	18.3
Vitamin A (from Beta-carotene)	µgRE	106.70	
Vitamin D ₂	µg	4.4	14.7
Vitamin E	mgTE	5.5	27.5
Vitamin K ₁	µg	23.80	21.6
Vitamin C	mg	35.00	21.9
Vitamin B ₁	µg	740.00	26.4
Vitamin B ₂	µg	740.00	18.5
Vitamin B ₆	µg	780.00	20.5
Vitamin B ₁₂	µg	1.10	25.0
Niacin	mg	6.10	21.8
Folic Acid	µg	80.00	22.6
Pantothenic Acid	mg	2.9	29.0
Biotin	µg	14.0	28.0
Minerals			
Sodium	mg	320.00	8.0*
Potassium	mg	480.00	6.9
Chloride	mg	300.00	6.5€
Calcium	mg	240.00	12.0
Phosphorus	mg	170.00	8.5
Magnesium	mg	55.00	6.3
Iron	mg	4.00	10.5
Zinc	mg	3.60	10.6
Copper	mg	0.60	17.6
Manganese	µg	970.00	12.1
Iodine	µg	50.00	17.9
Selenium	µg	16.00	20.0
Chromium	µg	26.00	26.0
Molybdenum	µg	34.00	37.8*
Other Nutrients			
Choline	mg	166.0	
Taurine	mg	44.0	
Carnitine	mg	44.0	