

Serving size 6 scoops (50g); 8 servings per pack.

Nutritional Information (Approximate Values)

Prohance® - D	Powder (per 100g)	% RDA per serve (50g)
Energy	456 kcal	11.4*
Protein	20.2 g	18.7
Carbohydrate	46.1 g	
Total Sugars	14 g	
Added Sugars†	12 g	12.0*
Sugar (Sucrose)	0 g	
Dietary Fiber	8.1 g	13.5
FOS (Fructo-oligosaccharides)	3.5 g	
Fat	19.2 g	14.3*
Saturated Fatty Acids	2.3 g	5.2*
Monounsaturated Fatty Acids	11.2 g	
Polyunsaturated Fatty Acids	3.6 g	
Linoleic Acid	3 g	
Alpha Linolenic Acid	465 mg	
Trans Fatty Acids	0 g	0.0*
Cholesterol	0 mg	
Vitamins		
Vitamin A (from Acetate)	270 µgRE	18.8
Vitamin A (from Beta-carotene)	106.7 µgRE	15.0
Vitamin D2	4.5 µg	28.0
Vitamin E	5.6 mgIE	21.8
Vitamin K1	24 µg	22.5
Vitamin C	36 mg	26.8
Vitamin B1	750 µg	18.8
Vitamin B2	750 µg	21.1
Vitamin B6	800 µg	25.0
Vitamin B12	1.1 µg	21.8
Niacin	6.1 mg	23.2
Folic acid	82 µg	30.0
Pantothenic acid	3 mg	29.0
Biotin	14.5 µg	
Minerals		
Sodium	320 mg	8.0*
Potassium	500 mg	7.1
Chloride	305 mg	6.6*
Calcium	290 mg	14.5
Phosphorus	200 mg	10.0
Magnesium	50 mg	5.7
Iron	4.2 mg	11.1
Zinc	3.5 mg	10.3
Copper	0.6 mg	17.6
Manganese	980 µg	12.3
Iodine	50 µg	17.9
Selenium	16.5 µg	20.6
Chromium	27 µg	27.0
Molybdenum	35 µg	38.9
Other Nutrients		
Taurine	45 mg	
Carnitine	46 mg	
Choline	170 mg	
Inositol	350 mg	

†Added sugars are including Fructose and Isomaltulose.
%RDA expressed for sedentary men basis Nutrient Requirements
& RDA for Indians by ICMR, 2020. *%RDA calculated on the basis of Food and Nutrition Board. * %RDA calculated on the basis of Codex
*Per serve % contribution on the basis of 2000 kcal energy for average adult. Trans fat content not more than 0.2% by weight. Saturated fat content not more than 2.5% by weight. Appropriate overages added.