

Serving size 5 and half scoops (50g); 8 servings per pack.
Nutritional Information (Approximate Values)

Prohance*	Powder (per 100g)	% RDA per serve (50g)
Energy	442 kcal	11.0*
Protein	16.6 g	15.4
Leucine	0.9 g	17.7
Lysine	0.8 g	20.5
Carbohydrate	59 g	
Total Sugars	20 g	
Added Sugars	15.5 g	15.5*
FOS (Fructo-oligosaccharides)	3.6 g	
Fat	14.7g	11.0*
Saturated Fatty Acids	2.0 g	4.5*
Monounsaturated Fatty Acids	8.5 g	
Polyunsaturated Fatty Acids	2.6 g	
Linoleic acid	2.3 g	
Alpha Linolenic acid	355 mg	
Trans Fatty Acids	0 g	0.0*
Cholesterol	0 mg	
Vitamins		
Vitamin A (from Acetate)	260 µgRE	} ~18.3
Vitamin A (from Beta-carotene)	106.7 µgRE	
Vitamin D2	4.4 µg	14.7
Vitamin E	5.5 mgIE	27.5
Vitamin K1	23.8 µg	21.6
Vitamin C	35 mg	21.9
Vitamin B1	740 µg	26.4
Vitamin B2	740 µg	18.5
Vitamin B6	780 µg	20.5
Vitamin B12	1.1 µg	25.0
Niacin	6.1 mg	21.8
Folic acid	80 µg	22.6
Pantothenic acid	2.9 mg	29.0
Biotin	14 µg	28.0
Minerals		
Sodium	320 mg	8.0*
Potassium	480 mg	6.9
Chloride	300 mg	6.5 ^c
Calcium	240 mg	12.0
Phosphorus	170 mg	8.5
Magnesium	55 mg	6.3
Iron	4 mg	10.5
Zinc	3.6 mg	10.6
Copper	0.6 mg	17.6
Manganese	970 µg	12.1
Iodine	50 µg	17.9
Selenium	16 µg	20.0
Chromium	26 µg	26.0
Molybdenum	34 µg	37.8*
Other Nutrients		
Choline	166 mg	
Taurine	44 mg	
Carnitine	44 mg	

%RDA expressed for sedentary men basis Nutrient Requirements & RDA for Indians by ICMR, 2020. *%RDA calculated on the basis of Food and Nutrition Board. ^c%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.