

Serving size 2 scoops (30g); About 13 servings per pack.
Nutritional Information (Approximate Values)

Prohance® Mom	Powder (per 100g)	% RDA per serve (30g)
Energy	350 kcal	5.25*
Protein	25.2 g	11.1
Carbohydrate	59 g	
Total Sugars	47 g	
Added Sugars	14.5 g	8.7*
Dietary Fiber		
(Fructo-oligosaccharides)	3 g	3.6
Fat	0.8 g	0.4*
Saturated Fatty Acids	0.5 g	0.7*
Monounsaturated Fatty Acids	0.14 g	
Polyunsaturated Fatty Acids	0.1 g	
Trans Fatty Acids	0 g	0.0*
DHA	100 mg	
Cholesterol	0 mg	
Sodium	230 mg	3.5*
Vitamins*		
Vitamin A	600 µgRE	20.0
Vitamin D2	6.2 µg	12.4
Vitamin E	9.2 mgTE	36.8
Vitamin K1	45 µg	24.5
Vitamin C	45 mg	16.9
Vitamin B1	1.0 mg	15.0
Vitamin B2	1.1 mg	12.2
Vitamin B6	1.4 mg	18.3
Vitamin B12	0.76 µg	9.3
Niacin	10 mg	23.1
Folic acid	130 µg	11.6
Pantothenic acid	6.1 mg	36.6
Biotin	30 µg	22.5
Minerals*		
Potassium	650 mg	5.6
Chloride	320 mg	4.2*
Calcium	800 mg	24.0
Phosphorus	605 mg	18.2
Magnesium	200 mg	13.6
Iron	22 mg	24.4
Zinc	8.5 mg	17.6
Copper	0.85 mg	15.0
Manganese	1120 µg	8.4
Iodine	140 µg	19.1
Selenium	32 µg	24.0
Other Nutrient		
Choline	220 mg	

%RDA expressed for Pregnant women basis Nutrient Requirements & RDA for Indians by ICMR, 2020. *%RDA calculated on the basis of Food and Nutrition Board. *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 1.5% by weight. Appropriate overages added.