

Serving size 2 scoops (25g); 16 servings per pack.

Nutritional Information (Approximate Values)

Prohance® - HP	Powder (per 100g)	% RDA per serve (25g)
Energy	370.4 kcal	4.6*
Protein	45 g	20.8
Carbohydrate	28.8 g	
Total Sugars	20 g	
Added Sugars	0 g	0.0*
Sucrose	0 g	
Dietary fiber	6.1 g	5.1
FOS (Fructo-oligosaccharides)	3 g	
Fat	7 g	2.6*
Saturated Fatty Acids	6.5 g	7.4*
Medium chain triglycerides (MCTs)	4.8 g	
Monounsaturated Fatty Acids	0.2 g	
Polyunsaturated Fatty Acids	0.1 g	
Trans Fatty Acids	0 g	0.0*
Cholesterol	120 mg	
Vitamins*		
Vitamin A (from acetate)	675 µgRE	} 19.4
Vitamin A (from beta-carotene)	100 µgRE	
Vitamin D2	8.8 µg	14.7
Vitamin E	10.4 mgTE	26.0
Vitamin K1	68 µg	30.9
Vitamin C	50 mg	15.6
Vitamin B1	1500 µg	26.8
Vitamin B2	1500 µg	18.8
Vitamin B6	2800 µg	36.8
Niacin	18.5 mg	33.0
Folic acid	100 µg	14.2
Pantothenic acid	6.5 mg	32.5
Biotin	35 µg	35.0
Minerals*		
Sodium	150 mg	1.9*
Potassium	850 mg	6.1
Chloride	160 mg	1.7*
Calcium	600 mg	15.0
Phosphorus	500 mg	12.5
Magnesium	210 mg	11.9
Iron	18.8 mg	24.7
Zinc	7.4 mg	10.9
Copper	1.4 mg	20.6
Manganese	2500 µg	15.6
Selenium	35 µg	21.9
Other Nutrient		
Choline	220 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. *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 9.8% by weight. Appropriate overages added.