

Nutritional Information (Approximate Values)

Serving size - 10 Diskettes (50g) per day. 5 Servings per pack.

Prohance® - D Diskettes	Unit	Declaration per 100g	% RDA per serve (50g)
Energy	kcal	416	
Protein	g	30	27.78
Carbohydrate	g	42.7	
Total Sugars	g	6.7	
Added Sugars (Isomaltulose)	g	4	4.00*
Total Fat	g	13	9.70*
Saturated Fatty Acids	g	8.3	18.86*
Monounsaturated Fatty Acids	g	3.9	
Polyunsaturated Fatty Acids	g	0.8	
Trans Fatty Acids	g	0	0.00*
Cholesterol	mg	<10	
Dietary Fiber	g	4.3	
Fructo-oligosaccharides	g	0.4	
Vitamins			
Vitamin A	mcgRE	400	20
Vitamin D	mcg	4.5	15
Vitamin E	mgTE	8	
Vitamin C	mg	50	31.25
Folic Acid	mcg	80	26.67
Vitamin B1	mg	0.42	15
Vitamin B2	mg	0.6	15
Vitamin B6	mg	1.5	39.47
Vitamin B12	mcg	1	22.73
Minerals			
Sodium	mg	50	1.25*
Potassium	mg	350	
Iron	mg	3.1	8.16
Zinc	mg	3.1	9.12
Manganese	mcg	950	
Copper	mg	0.5	14.71
Iodine	mcg	45	16.07
Chromium	mcg	30	

Trans fat content not more than 0.2% by weight.

Saturated fat content not more than 9.5% by weight.

%RDA expressed for sedentary men basis Nutrient Requirements & RDA for Indians by ICMR, 2020.

*Per serve % contribution on the basis of 2000kcal energy for average adult