

Prohance[®] Junior

All-round Nutritional Formula for Growing Children



Chocolate
Flavour

Prohance [®] Junior Chocolate	Unit	Powder per 100g	Powder per serve (45g)	% RDA Per Serve (45g)				
				1-3y	4-6y	7-9y	10-12y Boys	10-12y Girls
Energy	kcal	434	195.3					
Protein	g	20	9.0	72.0	56.3	39.1	28.1	27.3
Carbohydrate	g	47.5	21.4					
Total Sugars	g	28	12.6					
Added Sugars	g	10.7	4.8					
Dietary fiber	g	4.1	1.8	12.3	9.2	7.1	5.6	6.2
FOS (Fructo-oligosaccharides)	g	1.5	0.7					
Fat	g	16.6	7.5					
Saturated Fatty Acids	g	2.4	1.1					
Monounsaturated Fatty Acids	g	9.4	4.2					
Polyunsaturated Fatty Acids	g	3.3	1.5					
Linoleic acid	g	2.5	1.1					
Alpha Linolenic acid	mg	400	180.0					
Trans Fatty Acids	g	0	0					
DHA	mg	100	45					
Cholesterol	mg	50	22.5					
VITAMINS								
Vitamin A	µgRE	356	160.2	41.1	31.4	25.4	20.8	20.3
Vitamin D2	µg	4.5	2.03	13.5	13.5	13.5	13.5	13.5
Vitamin E	mgTE	5.6	2.52	42	36	36	22.9	22.9
Vitamin K1	µg	18	8.1	27	14.7	14.7	13.5	13.5
Vitamin C	mg	46.5	20.93	69.8	59.8	46.5	38	41.9
Vitamin B1	µg	1000	450	64.3	50	40.9	30	32.1
Vitamin B2	µg	1020	459	41.7	35.3	28.7	21.9	24.2
Vitamin B6	µg	1100	495	55	41.3	33	24.8	26.1
Vitamin B12	µg	1.5	0.68	56.3	30.7	30.7	30.7	30.7
Niacin	mg	7.4	3.33	47.6	37	30.3	22.2	23.8
Folic acid	µg	105	47.25	66.9	59.5	47.3	36.5	35.7
Pantothenic acid	mg	3.9	1.76	87.8	58.5	43.9	35.1	35.1
Biotin	µg	18	8.1	40.5	32.4	32.4	23.1	23.1
MINERALS								
Sodium	mg	255	114.75					
Potassium	mg	650	292.5	16.7	13	10.4	11.7	12.7
Chloride ^c	mg	320	144	9.6	7.6	7.6	6.3	6.3
Calcium	mg	540	243	48.6	44.2	37.4	28.6	28.6
Phosphorus	mg	330	148.5	29.7	27	22.8	17.5	17.5
Magnesium	mg	80	36	40	28.8	20.6	15	14.4
Iron	mg	6.4	2.88	36	26.2	19.2	18	10.3
Zinc	mg	4	1.8	54.5	40	30.5	21.2	21.2
Copper	mg	0.45	0.2	59.6	46	46	28.9	28.9
Manganese	µg	1185	533.25	44.4	35.6	35.6	28.1	33.3
Iodine	µg	80	36	40	40	40	36	36
Selenium	µg	20	9	45	30	30	22.5	22.5
Chromium	µg	17	7.65	69.5	51	51	30.6	36.4
Molybdenum ^a	µg	20	9	52.9	40.9	40.9	26.5	26.5
Other Nutrients								
Taurine	mg	35	15.75					
Carnitine	mg	15	6.75					
Inositol	mg	35	15.75					
Choline	mg	170	76.5					
Arginine	g	1.2	0.54					
Lutein	µg	80	36					

^a%RDA expressed for Children (2 - 12 years) basis Nutrient Requirements & RDA for Indians by ICMR, 2020. ^b%RDA calculated on the basis of Food and Nutrition Board.

^c%RDA calculated on the basis of Codex. ^d%RDA per serve (45g) basis daily energy requirement (2000 kcal) for average adult: Energy (9.8%), Added Sugars (9.6%), Total Fat (11.1%), Saturated Fatty Acids (4.9%), Trans Fatty Acids (0%), Sodium (5.7%).