

Nutritional Information (Approx. value)

Prohance HP	Powder (per 100g)	% RDA per Serve (25g)
Energy	370.4 kcal	
Protein	45 g	20.8
Carbohydrate	28.8 g	
Total Sugars	20 g	
Added Sugars (Sucrose)	0 g	0.0*
Dietary Fiber	6.1 g	
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 D ₂	8.8 µg	14.7
Vitamin E	10.4 mgTE	
Vitamin K ₁	68 µg	
Vitamin C	50 mg	15.6
Vitamin B ₁	1500 µg	26.8
Vitamin B ₂	1500 µg	18.8
Vitamin B ₆	2800 µg	36.8
Niacin	18.5 mg	33.0
Folic Acid	100 µg	16.7
Pantothenic Acid	6.5 mg	
Biotin	35 µg	
Minerals		
Sodium	150 mg	1.9*
Potassium	850 mg	
Chloride	160 mg	
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	
Manganese	2500 µg	
Selenium	35 µg	
Other Nutrients		
Choline	220 mg	

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

*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.