

Nutritional Information (Approx. value)

Prohance D Diskettes - Vanilla	Unit	Diskettes -Vanilla (per 100gm)	% RDA per serve (per 50 gm)
Energy	kcal	416	
Protein (Nitrogen X 6.25)	g	30	27.78
Carbohydrate	g	42.70	
Total Sugars	g	6.70	
Added Sugars (Isomaltulose)	g	4	4.00*
Total fat	g	13	9.70*
Saturated fatty acids	g	8.30	18.86*
Monounsaturated Fatty Acids	g	3.90	
Polyunsaturated Fatty Acids	g	0.80	
Trans fatty acids	g	0	0.00*
Cholesterol	mg	<10	
Dietary Fiber	g	4.30	
Fructo-oligosaccharides	g	0.40	
Vitamins			
Vitamin A	mcg RE	400.00	20
Vitamin D	mcg	4.50	15
Vitamin E	mg TE	8.00	
Vitamin C	mg	50.00	31.25
Folic Acid	mcg	80.00	26.67
Vitamin B ₁	mg	0.42	15
Vitamin B ₂	mg	0.60	15
Vitamin B ₆	mg	1.50	39.47
Vitamin B ₁₂	mcg	1.00	22.73
Minerals			
Sodium	mg	50.00	1.25
Potassium	mg	350.00	
Iron	mg	3.10	8.16
Zinc	mg	3.10	9.12
Manganese	µg	950.00	
Copper	mg	0.50	14.71
Iodine	µg	45.00	16.07
Chromium	µg	30.00	

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