

Nutritional Information (Approx. value)

Prohance D	Powder (per 100g)	%RDA per Serve (50g)
Energy	454 kcal	
Protein	20.2 g	18.7
Carbohydrate	46.1 g	
Total Sugars	14 g	
Added Sugars	12 g	12.0*
Sugar (Sucrose)	0 g	
Dietary Fiber	8.1 g	
FOS (Fructo-oligosaccharides)	3.5 g	
Fat	19.2 g	14.3*
Saturated Fatty Acids	2.3 g	5.2*
Monounsaturated Fatty Acids	11.2 g	
Polyunsaturated Fatty Acids	3.6 g	
Linoleic Acid	3 g	
Alpha Linolenic Acid	465 mg	
Trans Fatty Acids	0 g	0.0*
Cholesterol	0 mg	
Vitamins		
Vitamin A (from Acetate)	270 µgRE	} 18.8
Vitamin A (from Beta-carotene)	106.7 µgRE	
Vitamin D ₂	4.5 µg	15.0
Vitamin E	5.6 mgTE	
Vitamin K ₁	24 µg	
Vitamin C	36 mg	22.5
Vitamin B ₁	750 µg	26.8
Vitamin B ₂	750 µg	18.8
Vitamin B ₆	800 µg	21.1
Vitamin B ₁₂	1.1 µg	25.0
Niacin	6.1 mg	21.8
Folic Acid	82 µg	27.3
Pantothenic Acid	3 mg	
Biotin	14.5 µg	
Minerals		
Sodium	320 mg	8.0*
Potassium	500 mg	
Chloride	305 mg	
Calcium	290 mg	14.5
Phosphorus	200 mg	10.0
Magnesium	50 mg	5.7
Iron	4.2 mg	11.1
Zinc	3.5 mg	10.3
Copper	0.6 mg	
Manganese	980 µg	
Iodine	50 µg	17.9
Selenium	16.5 µg	
Chromium	27 µg	
Molybdenum	35 µg	
Other Nutrients		
Taurine	45 mg	
Carnitine	46 mg	
Choline	170 mg	
Inositol	350 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 2.5% by weight.