

Nutritional Information (Approx. value)

Prohance Junior	Unit	Powder (per 100gm)	% RDA* per Serve (45gm)
Energy	kcal	444	
Protein	g	20	56.3
Carbohydrate	g	51.6	
Total Sugar	g	38	
Added Sugar (Sucrose & Isomaltulose)	g	21.5	19.4*
Dietary Fiber	g	4.1	
FOS (Fructo-oligosaccharides)	g	1.5	
Fat	g	16.6	11.1*
Saturated Fatty Acids	g	2.4	4.9*
Monounsaturated Fatty Acids	g	9.4	
Polyunsaturated Fatty Acids	g	3.4	
Linoleic Acid	g	2.5	
Alpha Linolenic Acid	mg	400	
Trans Fatty Acids	g	0	0.0*
DHA	mg	100	
Cholesterol	mg	50	
Vitamins			
Vitamin A	µgRE	356	31.4
Vitamin D ₂	µg	4.5	13.5
Vitamin E	mgTE	5.6	
Vitamin K ₁	µg	18	
Vitamin C	mg	46.5	59.8
Vitamin B ₁	µg	1000	50.0
Vitamin B ₂	µg	1020	35.3
Vitamin B ₆	µg	1100	41.3
Vitamin B ₁₂	µg	1.5	30.7
Niacin	mg	7.4	37.0
Folic Acid	µg	105	70.0
Pantothenic Acid	mg	3.9	
Biotin	µg	18	
Minerals			
Sodium	mg	280	6.3*
Potassium	mg	552	
Chloride	mg	400	
Calcium	mg	540	44.2
Phosphorus	mg	330	27.0
Magnesium	mg	80	28.8
Iron	mg	6.4	26.2
Zinc	mg	4	40.0
Copper	mg	0.45	
Manganese	µg	1000	
Iodine	µg	80	40.0
Selenium	µg	20	
Chromium	µg	13.4	
Molybdenum	µg	20	
Other Nutrients			
Taurine	mg	35	
Carnitine	mg	15	
Inositol	mg	35	
Choline	mg	170	
Arginine	g	1.2	
Lutein	µg	80	

*%RDA expressed for children (4-6 years) basis nutrient requirements & RDA for Indians by ICMR, 2020.

*Per serve % contribution on the basis of 2000 kcal energy for average adult. It is not an infant milk substitute or infant food.