

Nutritional Information (Approx. value)

Prohance Mom	Unit	Powder (per 100gm)	Per serve (30gm)	% RDA per Serve
Energy	kcal	350	105	
Protein	gm	25.2	7.56	13.7
Fat	gm	0.8	0.24	
Saturated Fatty Acids	gm	0.50	0.15	
Monounsaturated Fatty Acids	gm	0.14	0.04	
Polyunsaturated Fatty Acids	gm	0.10	0.03	
Trans Fatty Acids	gm	0	0	
DHA	mg	100	30	
Cholesterol	mg	0	0	
Carbohydrate	gm	59.0	17.7	
Sugar	gm	14.5	4.4	
Fructo-oligosaccharide (dietary fibre)	gm	3.0	0.9	
Vitamins				
Vitamin A	µgRE	600.00	180.00	30.0
Vitamin D ₂	µg	6.20	1.9	
Vitamin E	mgTE	9.20	2.8	
Vitamin K ₁	µg	45.00	13.50	
Vitamin C	mg	45.00	13.50	33.8
Vitamin B ₁	mg	1.00	0.30	30.0
Vitamin B ₂	mg	1.10	0.33	30.0
Vitamin B ₆	mg	1.40	0.42	21.0
Vitamin B ₁₂	µg	0.76	0.23	22.8
Niacin	mg	10.00	3.00	25.0
Folic Acid	µg	130.00	39.00	39.0
Pantothenic Acid	mg	6.10	1.8	
Biotin	µg	30.00	9.00	
Minerals				
Sodium	mg	230.00	69.00	
Potassium	mg	650.00	195.00	
Chloride	mg	320.00	96.00	
Calcium	mg	800.00	240.00	40.0
Phosphorus	mg	605.00	181.50	30.3
Magnesium	mg	200.00	60.00	19.4
Iron	mg	22.00	6.60	31.4
Zinc	mg	8.50	2.55	25.5
Copper	mg	0.85	0.26	12.8
Manganese	µg	1120.00	336.00	
Iodine	µg	140.00	42.00	28.0
Selenium	µg	32.00	9.60	
Other Nutrients				
Choline	mg	220.00	66.00	