

# Prohance™ - HP

## Nutritional Information (Approximate Values)

Prohance™ - HP	Powder (per 100g)	% RDA per serve (25g)
Energy	370.4 kcal	
Protein	45 g	18.8
Carbohydrate	28.8 g	
Sugar (Sucrose)	0 g	
Dietary fiber	6.1 g	
FOS (Fructo-oligosaccharides)	3 g	
Fat	7 g	
Saturated Fatty Acids	6.5 g	
Medium chain triglycerides (MCTs)	4.8 g	
Monounsaturated Fatty Acids	0.2 g	
Polyunsaturated Fatty Acids	0.1 g	
Trans Fatty Acids	0 g	
Cholesterol	120 mg	
<b>Vitamins*</b>		
Vitamin A (from acetate)	675 µgRE	} 31.3
Vitamin A (from beta-carotene)	75 µgRE	
Vitamin D2	8.8 µg	
Vitamin E	10.4 mgTE	
Vitamin K1	68 µg	
Vitamin C	50 mg	31.3
Vitamin B1	1500 µg	31.3
Vitamin B2	1500 µg	26.8
Vitamin B6	2800 µg	35.0
Niacin	18.5 mg	28.9
Folic acid	100 µg	25.0
Pantothenic acid	6.5 mg	
Biotin	35 µg	
<b>Minerals^</b>		
Potassium	850 mg	
Chloride	160 mg	
Calcium	600 mg	25.0
Phosphorus	500 mg	20.8
Magnesium	210 mg	15.4
Iron	18.8 mg	27.6
Zinc	7.4 mg	15.4
Copper	1.4 mg	17.5
Manganese	2500 µg	
Selenium	35 µg	
<b>Other Nutrient</b>		
Choline	220 mg	

%RDA expressed for sedentary men basis Nutrient Requirements & RDA for Indians by ICMR, 2010.

Trans fat content not more than 0.2% by weight.

Saturated fat content not more than 9.8% by weight.