

Nutritional Information (Approx. value)

Prohance Activ	Unit	Powder (per 100g)	%RDA*
Energy	kcal	320	As available
Protein	g	32	As available
Whey		69%	As available
Casein		31%	As available
Carbohydrate	g	36	As available
Total sugars	g	30	As available
Polyschharides	g	6	As available
Added sugars (Sucrose & Fructose)	g	10	As available
Sugar (sucrose)	g	3.8	As available
Dietary Fiber	g	15.4	As available
FOS (Fructo-oligosaccharides)	g	3.1	As available
Fat	g	1.9	As available
Saturated Fatty Acids	g	1.5	As available
Monounsaturated Fatty Acids	g	0.23	As available
Polyunsaturated Fatty Acids	g	0.1	As available
Trans Fatty Acids	g	0	As available
Cholesterol	mg	75	As available
Vitamins		Powder (per 100g)	% RDA
Vitamin A		1084.4 µgRE	27.1
Vitamin D ₂		10.1 µg	16.8
Vitamin E		21.1 mgTE	
Vitamin K ₁		45.6 µg	
Vitamin C		112.8 mg	35.3
Vitamin B ₁		2200 µg	39.3
Vitamin B ₂		2300 µg	28.8
Niacin		15.4 mg	27.5
Vitamin B ₆		2100 µg	27.6
Folic acid		132.4 µg	22.1
Pantothenic acid		5.2 mg	
Vitamin B ₁₂		1.1 µg	12.5
Biotin		60.1 µg	
Minerals			
Sodium		220 mg	2.8*
Potassium		1000 mg	
Chloride		275 mg	
Calcium		640 mg	16.0
Phosphorus		600 mg	15.0
Magnesium		245 mg	13.9
Iron		20.5 mg	27.0
Iodine		205 µg	36.6
Copper		1.2 mg	15.0
Zinc		10.8 mg	15.9
Manganese		1090 µg	
Selenium		37 µg	
Chromium		33.30 µg	
Molybdenum		37 µg	
Other Nutrients			
Taurine		67.6 mg	
Carnitine		40 mg	

*%RDA expressed for sedentary men basis Nutrient Requirements & RDA for Indians by ICMR, 2020.