

Nutritional Information (Approx. value)

Prohance D Diskettes - Jeera	Unit	Diskettes -Jeera (per 100gm)	% RDA per serve (per 50 gm)
Energy	kcal	406	
Protein (Nitrogen X 6.25)	g	30	27.78
Carbohydrate	g	40	
Total Sugars	g	7	
Added Sugars (Isomaltulose)	g	4.50	4.50*
Total fat	g	13	9.70*
Saturated fatty acids	g	8.30	18.86*
Monounsaturated Fatty Acids	g	3.90	
Polyunsaturated Fatty Acids	g	0.80	
Trans fatty acids	g	0	0.00*
Cholesterol	mg	<10	
Dietary Fiber	g	4.30	
Fructo-oligosaccharides	g	0.40	
Vitamins			
Vitamin A	mcg RE	400.00	20
Vitamin D	mcg	4.50	15
Vitamin E	mg TE	8.00	
Vitamin C	mg	50.00	31.25
Folic Acid	mcg	80.00	26.67
Vitamin B ₁	mg	0.42	15
Vitamin B ₂	mg	0.60	15
Vitamin B ₆	mg	1.50	39.47
Vitamin B ₁₂	mcg	1.00	22.73
Minerals			
Sodium	mg	250.00	6.25*
Potassium	mg	350.00	
Iron	mg	3.10	8.16
Zinc	mg	3.10	9.12
Manganese	µg	1100.00	
Copper	mg	0.50	14.71
Iodine	µg	45.00	16.07
Chromium	µg	30.00	

*Per serve % contribution on the basis of 2000kcal energy for average adult.