

Servings per container: ±13 Servings		Serving Size: 30 gm	
Nutritional Information (Approx Values)	Each serving (30g) provides	Each 100g provides	*%RDA
Energy	93 kcal	310 kcal	4.65
Protein (N X 6.68)	20.23 g	67.45 g	37.46
Carbohydrate	2.79 g	9.3 g	**
Total Dietary Fibers	1.35 g	4.5 g	3.37
Inulin	0.45 g	1.5 g	**
FOS	0.6 g	2 g	**
Oat Fiber	0.3 g	1 g	**
Sugar	0 g	0 g	0
Fat	0.12 g	0.4 g	0.17
OTHER NUTRIENTS			
L-Glutamine	0.66 g	2.22 g	**
L-Arginine	0.31 g	1.04 g	**
L-Glutathione	105 mg	350 mg	**
L-Ornithine	15 mg	50 mg	**
CaHMB	60 mg	200 mg	**
DHA	30 mg	100 mg	**
Mixed Carotenoids	4.5 mg	15 mg	**
Lycopene (6%)	1.35 mg	4.5 mg	**
Lactobacillus Rhamnosus LGG	1.5X10 ⁹ cfu	5X10 ⁹ cfu	**
Actazin® (Kiwi fruit powder)	180 mg	600 mg	**
VITAMINS			
Vitamin C	12 mg	40 mg	15
Niacinamide	5.4 mg	18 mg	30
Vitamin E	3 mg	10 mg	30
Vitamin B2	1.8 mg	6 mg	72
Calcium D Pantothenate	1.65 mg	5.5 mg	33
Vitamin B6	0.6 mg	2 mg	25
Vitamin B1	0.3 mg	1 mg	16.66
Vitamin A (Acetate)	600 mcg	2000 mcg	60
Folic Acid	30 mcg	100 mcg	16.99
Biotin	19.5 mcg	65 mcg	48.75
Vitamin K3	18 mcg	60 mcg	32.72
Vitamin D	3 mcg	10 mcg	20
Vitamin B12	0.3 mcg	1 mcg	13.63

MINERALS			
Phosphorus	2.49 mg	8.33 mg	0.24
Ferrous Fumarate	0.75 mg	2.5 mg	3.94
Zinc Sulphate	0.3 mg	1 mg	1.76
Magnesium Sulphate	48 mg	160 mg	3.96
Cupric Sulphate	37.5 mcg	125 mcg	0.87
Potassium Iodide	22.5 mcg	75 mcg	21.02
Chromium	18.75 mcg	62.5 mcg	37.5
Molybdenum	15 mcg	50 mcg	33.33
Sodium Selenite	9.75 mcg	32.5 mcg	24.37
Manganese Sulphate	0.525 mcg	1.75 mcg	0
AMINO ACIDS PROFILE			
L-Leucine †	1602.3 mg	5341 mg	**
L-Valine †	1213.5 mg	4045 mg	**
L-Isoleucine †	1077.6 mg	3592 mg	**
L-Lysine	1294.8 mg	4316 mg	**
L-Phenylalanine	1110.3 mg	3701 mg	**
L-Threonine	866.4 mg	2888 mg	**
L-Methionine	607.2 mg	2024 mg	**
L-Histidine	427.5 mg	1425 mg	**
L-Tryptophan	233.1 mg	777 mg	**
† Branched Chain Amino Acids			

*%RDA values established as per ICMR guidelines 2020 (Men-Moderate Work) and as per Labelling & Display Regulation, 2020. **%RDA value not established.

Ingredients: Egg White Powder (81%), Fructose, L-Glutamine, L-Arginine, L-Glutathione, L-Ornithine, Calcium HMB, DHA (Docosahexaenoic Acid), Inulin, FOS, Oat Fiber, Phosphorus, Vitamin C, Niacinamide, Mixed Carotenoids, Vitamin E (50% dry powder), Vitamin B2, Calcium D Pantothenate, Lycopene 6%, Ferrous Fumarate, Vitamin B6, Vitamin B1, Zinc Sulphate, Vitamin A (acetate), Magnesium Sulphate, Cupric Sulphate, Folic Acid, Potassium Iodide, Biotin, Chromium, Vitamin K3, Molybdenum, Sodium Selenite, Vitamin D, Manganese Sulphate, Vitamin B12, Antioxidants (INS 320), Actazin® (Kiwi fruit powder), Preservative (INS 211), Added Natural Sweetener Stevia, Monk Fruit Juice Concentrate and Added Artificial Flavour Vanilla.

An Actazin® (Kiwi fruit powder) is under registered trademark of Generex Pharmassist Pvt. Ltd.