

Servings per container: ±8 Servings		Serving Size: 50 gm	
Nutritional Information (Approx Values)	Each serving (50g) provides	Each 100g provides	*%RDA
Energy	243 kcal	486 kcal	12.15
<b>Protein</b>	18 g	36 g	33.33
<b>Total Carbohydrates</b>	24.75 g	49.5 g	**
Sugar (sucrose)	0 g	0 g	0
Dietary Fibre	5 g	10 g	12.5
Soluble Fiber	2.5 g	5 g	**
Insoluble Fiber	2.5 g	5 g	**
<b>Total Fat</b>	7.99 g	15.98 g	11.92
MCT	7.19 g	14.38 g	**
Polyunsaturated Fatty acid	1.43 g	2.86 g	**
Linoleic acid (Omega 6)	1.39 g	2.78 g	**
Linolenic acid (Omega 3)	0.02 g	0.05 g	**
Monounsaturated Fatty acid	0.62 g	1.25 g	**
Saturated Fatty acid	5.86 g	11.7 g	26.65
Trans Fats	0 g	0 g	0
Cholesterol	0 mg	0 mg	**
<b>OTHER NUTRIENTS</b>			
Probiotic (Lactobacillus Acidophilus)	2.5 Billion CFU	5 Billion CFU	**
Fenugreek Extract (Methika)	250 mg	500 mg	**
Glycyrrhiza Glabra (Yashtimadhu)	250 mg	500 mg	**
Actazin® (Kiwi fruit powder)	300 mg	600 mg	**
L-Carnitine	23.14 mg	46.29 mg	**
L-Taurine	23.14 mg	46.29 mg	**
<b>VITAMINS</b>			
Vitamin A	833.3 IU	1666.6 IU	25.02
Vitamin B1	0.33 mg	0.66 mg	18.33
Vitamin B2	0.36 mg	0.72 mg	14.4
Vitamin B6	0.47 mg	0.94 mg	19.58
Vitamin B12	0.67 mcg	1.34 mcg	30.45
Vitamin C	25 mg	50 mg	31.25
Vitamin D	166.6 IU	333.3 IU	27.77
Vitamin E	9.1 IU	18.3 IU	61.1
Vitamin K	33.3 mcg	66.6 mcg	60.6
Biotin	8.3 mcg	16.6 mcg	20.75
Choline	35.1 mg	70.37 mg	**
Folic Acid	111.1 mcg	222.2 mcg	62.95
Niacinamide	4.4 mg	8.88 mg	24.66
Pantothenic Acid	1.38 mg	2.77 mg	27.7

<b>MINERALS</b>			
Calcium	131.9 mg	263.8 mg	13.19
Magnesium	116.6 mg	233.3 mg	26.51
Potassium	108.7 mg	217.5 mg	3.10
Chloride	100 mg	200 mg	4.34
Phosphorus	65.97 mg	131.9 mg	6.59
Sodium	64.81 mg	129.6 mg	3.24
Iron	5 mg	10 mg	26.31
Zinc	3.05 mg	6.11 mg	17.97
Manganese	0.63 mg	1.27 mg	0.15
Copper	0.25 mg	0.5 mg	14.70
Iodine	41.6 mcg	83.3 mcg	19.76
Selenium	15.2 mcg	30.5 mcg	38.18
Molybdenum	12.5 mcg	25 mcg	27.77
Chromium	9.72 mcg	19.4 mcg	19.44

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

**Ingredients:** Whey Protein Concentrate, Whey Protein Hydrolysates, MCT powder, Xylooligosaccharides, Fructooligosaccharides, Isomaltulose, Polydextrose, NUTRIOSE® FB 06, Choline bi-tartrate, Probiotic (Lactobacillus Acidophilus), Vitamins, Minerals, L-Carnitine, L-Taurine, Actazin® (Kiwi fruit powder), Fenugreek Extract, Glycyrrhiza Glabra, Natural Sweetener Stevia, Monk Fruit Juice Concentrate & Creamy Vanilla Flavour.

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

NUTRIOSE® is a registered trademark of Roquette Frères.