

Servings per container: ±13 Servings		Serving Size: 30 gm	
Nutritional Information (Approx Values)	Each serving (30g) provides	Each 100g provides	*%RDA
Energy	115 kcal	384 kcal	5.76
Protein	13.5 g	45 g	25
Carbohydrate	13.2 g	44 g	**
Total Sugar	0 g	0 g	**
Added Sugar	0 g	0 g	0
Dietary Fibers	4.2 g	14 g	10.5
Total Fat	0.92 g	3.08 g	1.37
Poly unsaturated fatty acids	0.09 g	0.3 g	**
Mono saturated fatty acids	0.6 g	2 g	**
Saturated fatty acids	0.18 g	0.6 g	0.81
Trans fat	0 g	0 g	0
Cholesterol	0.99 mg	3.3 mg	**
Actazin® (Kiwi fruit Powder)	300 mg	1000 mg	**
VITAMINS			
Vitamin C	7.5 mg	25 mg	9.37
Vitamin E	0.72 mg	2.4 mg	7.2
Vitamin B3	0.53 mg	1.78 mg	2.94
Vitamin B5	0.36 mg	1.2 mg	7.2
Vitamin B6	0.24 mg	0.8 mg	10
Vitamin B2	0.29 mg	0.98 mg	11.76
Vitamin B1	0.24 mg	0.83 mg	13.83
Vitamin A	46.5 mcg	155 mcg	4.65
Folic Acid	7.5 mcg	25 mcg	4.24
Vitamin K2-7	6.3 mcg	21 mcg	11.45
Biotin	1.5 mcg	5 mcg	3.75
Vitamin D	30 IU	100 IU	5
Vitamin B12	0.33 mcg	1.1 mcg	15
MINERALS			
Calcium	105 mg	350 mg	10.5
Phosphorus	115.5 mg	385 mg	11.55
Potassium	144 mg	480 mg	4.11
Magnesium	13.2 mg	44 mg	3
Sodium	49.8 mg	166 mg	2.49

OTHER NUTRIENTS			
Typical Amino Acid Profile			
Essential Amino Acids			
Iso-Leucine	796.5 mg	2655 mg	**
Leucine	1215 mg	4050 mg	**
Lysine	1157.7 mg	3859 mg	**
Methionine	273.3 mg	911 mg	**
Phenylalanine	425.4 mg	1418 mg	**
Threonine	806.7 mg	2689 mg	**
Tryptophan	216 mg	720 mg	**
Valine	762.9 mg	2543 mg	**
Histidine	246.3 mg	821 mg	**
Non Essential Amino Acids			
Alanine	567 mg	1890 mg	**
Arginine	334.2 mg	1114 mg	**
Aspartic Acid	1184.7 mg	3949 mg	**
Cystine	216 mg	720 mg	**
Glutamic Acid	2095.8 mg	6986 mg	**
Glycine	232.8 mg	776 mg	**
Proline	860.7 mg	2869 mg	**
Serine	546.9 mg	1823 mg	**
Tyrosine	401.7 mg	1339 mg	**

*%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, Skimmed Milk Powder, Maltodextrin, Vitamins, Minerals and Actazin® (Kiwi fruit powder).

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