

Servings per container: ±13 Servings		Serving Size: 30 gm	
Nutritional Information (Approx Values)	Each serving (30g) provides	Each 100g provides	*%RDA
Energy	123.6 kcal	412 kcal	6.18
Protein	16.5 g	55 g	30.56
Carbohydrate	7.2 g	24 g	**
Total Sugar	1.38 g	4.60 g	
Added Sugar	0 g	0 g	0
Dietary Fibers	3.6 g	12 g	9
Total Fat	2.4 g	8 g	3.58
Medium Chain Triglycerides	1.5 g	5 g	**
Poly unsaturated fatty acids	0.75 g	2.5 g	**
Linoleic Acid	0.67 g	2.24 g	**
ALA	0.19 g	0.64 g	**
Mono saturated fatty acids	0.45 g	1.5 g	**
Saturated Fatty acids	1.08 g	3.6 g	4.91
Trans Fat	0 g	0 g	0
Cholesterol	0 mg	0 mg	**
VITAMINS			
Vitamin C	17.1 mg	57 mg	21.38
Vitamin E	3.51 mg	11.7 mg	35.1
Vitamin B3	2.93 mg	9.76 mg	16.28
Vitamin B5	0.94 mg	3.12 mg	18.8
Vitamin B6	0.32 mg	1.08 mg	13.33
Vitamin B2	0.29 mg	0.98 mg	11.6
Vitamin B1	0.25 mg	0.83 mg	13.89
Vitamin A	155 mcg	516.6 mcg	15.5
Folic Acid	30 mcg	100 mcg	17
Vitamin K1	12.6 mcg	42 mcg	22.91
Vitamin K2-7	8.1 mcg	27 mcg	14.73
Biotin	9.6 mcg	32 mcg	24
Vitamin D	3 mcg	10 mcg	20
Vitamin B12	0.7 mcg	2.2 mcg	31.8
MINERALS			
Calcium	66 mg	220 mg	6.6
Phosphorus	59.4 mg	198 mg	5.94
Potassium	33 mg	110 mg	0.94
Magnesium	24 mg	80 mg	5.45
Sodium	22.8 mg	76 mg	1.14
Zinc	3.9 mg	13 mg	22.94
Iron	2.7 mg	9 mg	14.21
Manganese	0.56 mg	1.87 mg	14
Copper	0.22 mg	0.72 mg	12.94
Iodine	26.66 mcg	88.88 mcg	19.05
Selenium	10.37 mcg	34.57 mcg	25.93
Chromium	4.8 mcg	16 mcg	9.6

OTHER NUTRIENTS			
Calcium			
Hydroxymethylbutyrate (caHMB)	0.45 g	1.5 g	**
L-Glutamine	0.3 g	1 g	**
L-Arginine	0.3 g	1 g	**
L-Carnitine	0.15 g	0.5 g	**
Digestive Enzymes	120 mg	400 mg	**
Colostrum	30 mg	100 mg	**
Inositol	15 mg	50 mg	**
Choline	25.86 mg	86.2 mg	**
Probiotic Blend	1.5 M. Spores	5 M. Spores	**
Typical Amino Acid Profile			
Essential Amino Acids			
L-Alanine	337.2 mg	1124 mg	**
L-Arginine	205.8 mg	686 mg	**
L-Aspartic Acid	769.2 mg	2564 mg	**
L-Cysteine	200.1 mg	667 mg	**
L-Histidine	113.4 mg	378 mg	**
L-Isoleucine	435.3 mg	1451 mg	**
L-Leucine	747.6 mg	2492 mg	**
L-Valine	289.8 mg	966 mg	**
L-Lysine	696.3 mg	2321 mg	**
L-Methionine	165 mg	550 mg	**
L-Threonine	533.7 mg	1779 mg	**
L-Tryptophan	119.4 mg	398 mg	**
L-Tyrosine	209.4 mg	698 mg	**
L-Phenylalanine	220.2 mg	734 mg	**
L-Hydroxyproline	2.307 mg	7.69 mg	**
Non Essential Amino Acids			
L-Glutamic Acid	1237.2 mg	4124 mg	**
L-Glycine	133.8 mg	446 mg	**
L-Proline	483.3 mg	1611 mg	**
L-Serine	390 mg	1300 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, Whey Protein Hydrolysate, Isomaltulose, Resistant Maltodextrin, Polydextrose, MCT Fat Base Powder, High Oleic Sunflower Oil Powder, Algal Oil Powder, Fructo-Oligosaccharides, Inulin, Nature Identical Kesar Elaichi Flavour, Thickener (INS 412), Dibasic Calcium Phosphate, Magnesium Oxide, Ferric Pyrophosphate, Calcium D Panthenol, L-Ascorbic Acid, Zinc Sulphate, dl-alpha tocopheryl acetate, Calcium Hydroxymethylbutyrate, L-Glutamine, L-Arginine Hydrochloride, L-Carnitine, Digestive Enzyme Blend (Protease, Amylase, Lactase, Lipase, Cellulase), Probiotic Blend (Lactobacillus Acidophilus & Lactobacillus Rhamnosus), Colostrum, Inositol, Nicotinamide, Copper Sulphate, Retinyl Acetate, Manganese Sulphate, Pyridoxine Hydrochloride, Riboflavin Sodium, Choline Bitartrate, Thiamine Hydrochloride, Phytomenadione, Potassium Iodide, Chromium Trichloride, Cyanocobalamin, n-pteroyl l-glutamic acid, Biotin, Sodium Selenite, Sweetener (INS 955) & Vitamin D3 (From Lichen).