



PROTEIN & ENERGY POWDER

NO.	RAW MATERIAL		% RDA
1	PROTEIN POWDER WITH DHA, MULTIVITAMIN &	EACH 100 GM	% RDA
	STRENGTH ENHANCER		
	Protein 20%	23 gm	48
	Calcium	600 mg	60
	Vitamin D3	300 IU	50
	Vitamin K2	24 mcg	50
	Maganease	1.5 mg	40
	Magnesium	72 mg	22
	Phosphorus	425 mg	40
	Copper	2.5 mg	100
	IMMUNITY BOOSTER		
	Vitamin A	3000 IU	92
	Vitamin E 50%	5 mg	75
	Vitamin C	50 mg	55
	DHA	100 mg	*
	Zinc	5 mg	30
	Selenium	15 mcg	50
	Folic acid (Vit B9)	300 mcg	98
	ENERGY & VITAL SUPPLEMENTS		
	Energy	400 kcal	30
	Vitamin B1	3 mg	108
	Vitamin B2	3 mg	110
	Niacinamide (Vit B3)	14 mg	99
	Pantothenic Acid (Vit B5)	5 mg	100
	Pyridoxine (Vit B6)	1.9 mg	98
	Biotin (Vit B7)	30 mcg	100
	Vitamin B12	10 mcg	300
	Glutamic Acid	10 mg	*
	L-Lysin	25 mg	*
	Iodine	0.1 mg	88
	Iron	10 mg	30
	Carbohydrate	60 gm	105
	Saturated Fatty acids	4 gm	12.5
	Monounsaturated Fatty acids	4 gm	12.5
	Polyunsaturated Fatty acids	2.6 gm	12.5
	Linoleic acid	2 gm	*
	Choline	100 mg	18
	Sodium	310 mg	10
	Chloride	550 mg	24
	Molybdenum	30 mcg	87
	Potassium	600 mg	15
	Chromium	15 mcg	20



2	PROTEIN POWDER WITH MULTIVITAMIN & MULT	EACH 100 GM	% RDA
	PROTEIN 20%	23 GM	48
	GLUTAMIC ACID	10 MG	*
	L-LYCIN	25 MG	*
	SPIRULINA	100 MG	45
	DHA	100 mg	50
	VITAMIN A	3000 IU	95
	VITAMIN D3	300 IU	50
	VITAMIN B1	3 MG	110
	VITAMIN B2	3 MG	100
	VITAMIN B6	2 MG	99
	VITAMIN C	50 MG	55
	VITAMIN E 50%	5 MG	85
	FOLIC ACID	1 MG	#
	CALCIUM PANTOTHENATE	3 MG	60
	NIACINAMIDE	30 MG	49
	CALCIUM	600 MG	60
	PHOSPHROUS	425 MG	42
	METHYLCOBELOMINE	500 MCG	#
	IRON	10 MG	30
	MAGNESIUM	12 MG	5
	MANGENISE	5 MCG	0.5
	COPPER	2.5 MG	100
	ZINC	5 MG	26
	SODIUM	100 MG	5
	POTTASium	150 MG	5
	IODINE	0.1 MG	88
	% RDA calculated as per ICMR guideline sedentary female, * no RDA established		
3	L-CARNITINE, CALCIUM, MAGNESIUM & VITAMIN	EACH 100GM	% RDA
	L-CARNITINE	500 MG	*
	VITAMIN E	10 MG.	98
	VITAMIN B5	2 MG.	40
	VITAMIN B 6	1.9 MG	100
	VITAMIN B 1	1 MG.	89
	SODIUM CITRATE	580 MG	24
	CALCIUM CARBONATE	500 MG	50
	MAGNESIUM SULPHATE	500 MG	99
	GINSENG (RHIZOME STANDARDIZED EXTRACT	2 MG	*
	% RDA calculated as per ICMR guideline sedentary female, * no RDA established		



4	ENERGY POWDER 35 GM	EACH 35 GM	% RDA
	DEXTROSE	17.5 GM	*
	SUCROSE	14 GM	*
	ZINC SULPHATE	32.5 MG	17 MG
	VITAMIN C	50 MG	80 MG
5	ENERGY POWDER 105 GM	EACH 35 GM	% RDA
	DEXTROSE	17.5 GM	*
	SUCROSE	14 GM	*
	ZINC SULPHATE	32.5 MG	17 MG
	VITAMIN C	50 MG	80 MG
	% RDA calculated as per ICMR guideline sedentary female, * no RDA established		
6	ENERGY POWDER 210 GM	EACH 35 GM	% RDA
	DEXTROSE	17.5 GM	*
	SUCROSE	14 GM	*
	ZINC SULPHATE	32.5 MG	17 MG
	VITAMIN C	50 MG	80 MG
	% RDA calculated as per ICMR guideline sedentary female, * no RDA established		