

NUTRIENTS	Serving Size 40g	Unit	Per 100g Powder	Per 40g Powder	** %RDA
Energy		kcal	270	108.16	5.40
Carbohydrate		g	26	10.4	*
Added Sugar		g	0	0	0
Fat		g	1.6	0.64	0.95
Saturated Fat		g	0.6	0.24	1.09
MUFA		g	0.5	0.20	*
PUFA		g	0.8	0.32	*
Trans Fat		g	0	0	0
Omega-6 (CLA)		g	0.2	0.08	*
Omega-3		g	0.4	0.16	*
Protein (WPC, Casein, SPI) - (30:30:60)		g	38	15.2	28.14
Green Tea Extract		mg	500	200	10
Garcinia cambogia extract		mg	800	320	*
Dietary Fiber (FOS)		g	18	7.2	18
L-Carnitine		mg	500	200	*
PROBIOTICS					
Lactobacillus gasseri		billion	0.5	0.2	*
Lactiplantibacillus plantarum		billion	0.5	0.2	*
Bifidobacterium bifidum		billion	0.5	0.2	*
Bacillus coagulans		billion	0.5	0.2	*
VITAMINS					
Vitamin A		mcg	825	330	33
Vitamin D		IU	500	200	36.33
Vitamin E		IU	9.2	3.68	24.53
Vitamin K		mcg	45.8	18.32	33.30
Vitamin C		mg	66	26.4	33
Vitamin B1 Thiamine		mg	1.2	0.48	26.66
Vitamin B2 Riboflavin		mg	1.65	0.66	26.4
Vitamin B3 Niacinamide		mg	13.3	5.32	29.55
Vitamin B5 Pantothenic Acid		mg	4.2	1.68	33.6
Vitamin B6 Pyridoxine		mg	1.7	0.68	28.33
Vitamin B7 Biotin		mcg	33	13.2	33
Vitamin B9 Folic Acid		mcg	146	58.4	33.09
Vitamin B12		mcg	1.85	0.74	33.63
Choline		mcg	312.5	125	*
MINERALS					
Iron		mg	24	9.6	50.52
Calcium		mg	825	330	33
Phosphorus		mg	825	330	33
Magnesium		mg	365	146	33.18
Zinc		mg	14.5	5.8	34.11
Idoine		mg	125	50	35.71
Copper		mcg	1417	566.8	33.34
Selenium (mcg)		mcg	33.3	13.32	33.3
Chromium		mcg	41.7	16.68	33.36
Chromium Picolinate		mcg	500	200	50
Manganese		mg	3.3	1.32	33
Molybdenum		mcg	37.5	15	33.33
Sodium		mg	400	160	8
Potassium		mg	840	336	9.6
Chloride		mg	490	196	8.52
%RDA Values Established as per ICMR Guidelines 2020 for Moderate Work Men					
*Recommended Daily Allowance (RDA) Values Not Established					