

India Vanilla Flavor-Carton

Number of servings: 14		Serving size: 60 g		
Approximate Composition	Unit	per 100 g	per serve (60 g)##	%RDA per serve
Energy	kcal	392.34	235.40	11.77*
Protein	g	33.33	20.00	43.48
Carbohydrate	g	46.67	28.00	#
Dietary Fibre	g	13.33	8.00	32.00
Total Sugars	g	27.41	16.45	#
Added Sugars	g	24.00	14.40	28.80*
Total Fat	g	11.00	6.60	9.85*
Monounsaturated Fatty Acids	g	7.30	4.38	#
Polyunsaturated Fatty Acids	g	1.00	0.60	#
Saturated Fat	g	2.66	1.60	7.27*
Trans Fat	g	0.04	0.02	1.00*
Cholesterol	mg	107.00	64.20	#
Sodium	mg	300.00	180.00	9.00*
Vitamins^				
Vitamin A	mcg	433.33	260.00	30.95
Vitamin D	mcg	3.80	2.28	15.20
Vitamin E	mg	4.33	2.60	26.00
Vitamin B1	mg	0.83	0.50	35.71
Vitamin B2	mg	0.85	0.51	26.84
Niacin	mg	10.17	6.10	55.45
Vitamin B6	mg	0.85	0.51	26.84
Folic Acid	mcg	108.33	65.00	50.23
Pantothenic Acid	mg	3.33	2.00	40.00
Biotin	mcg	40.00	24.00	60.00
Vitamin B12	mcg	1.00	0.60	27.27
Vitamin C	mg	20.00	12.00	18.46
Minerals^^				
Calcium	mg	650.00	390.00	39.00
Phosphorous	mg	600.00	360.00	36.00
Magnesium	mg	220.00	132.00	35.68
Potassium	mg	900.00	540.00	15.43
Iron	mg	5.00	3.00	10.34
Zinc	mg	5.17	3.10	23.48
Manganese	mg	1.67	1.00	25.00
Copper	mg	0.93	0.56	32.94
Iodine	mcg	75.00	45.00	32.14
Selenium	mcg	18.33	11.00	27.50
Chromium	mcg	16.67	10.00	20.00
Molybdenum	mcg	35.17	21.10	46.89

%RDA expressed as per ICMR 2020, for Sedentary Work Women.

*%RDA expressed on the basis of 2000 kcal energy required for an average adult.

##%RDA not established.

##All claims are applicable to mixing 60 g powder in 300 mL water.

Appropriate overages of vitamins added to compensate loss on storage.

Ingredients: Whey Protein Concentrate (41 %), Fructose, High Oleic Sunflower Fat Base Powder, Maltodextrin (resistant), MINERALS^^, Fructooligosaccharides, Oat Fibre, Natural Vanilla Flavour, Emulsifier [INS 322(i)], Thickeners [INS 466 & INS 415], Inulin, Flaxseed Powder, Apple Fibre, VITAMINS^, Sweetener [INS 960], Glycyrrhiza Glabra Root Extract.

**NOT FOR PARENTERAL USE
FOR ORAL CONSUMPTION ONLY**

Purpose of product and physiological condition: This product is intended for replacement for one or more meal of the daily diet.

Duration of Usage: Daily intake as recommended usage.

Recommended Usage level: One (1) serving (approx. 60 g) per day. Not to exceed the recommended daily usage.

Allergen Information: Contains milk, oats, and soy. May contain nuts.

Storage Condition: Store in a cool and dry place away from sunlight. Store out of reach of children.

Warning: The product is not to be used by pregnant, nursing, and lactating women or children under 5 years, adolescents, and elderly, except when medically advised by physician or certified dietician or nutrition professional.

This product is not intended to diagnose, treat, cure, or prevent any disease.

For any inquiry contact:

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Marketed by:

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