

Calcilo XD Unflavored Nutritional Information

Calcilo XD Powder / 14.1-oz (400-g) Can / 6 ct

Serving Size: 100 Cal

Amount Per Serving

Characteristics

Protein, % Cal: 9

Protein Source: Whey Protein Concentrate, Sodium Caseinate

Fat, % Cal: 50

Fat Source: Coconut and Corn Oils

Carbohydrate, % Cal: 41

Carbohydrate Source: Corn Syrup

Nutrient Data

Volume, mL: 148

Protein, g: 2.2

Fat, g: 5.6

Carbohydrate, g: 10.2

Water, g: 134

Linoleic Acid, mg: 1300

Calories: 100

Osmolality, mOsm/kg H₂O: 190

Potential Renal Solute Load, mOsm: 18

Vitamins

Vitamin A, IU: 300

Vitamin D, IU: 0

Vitamin E, IU: 1.9

Vitamin K, mcg: 8

Thiamin (Vitamin B1), mcg: 100

Riboflavin (Vitamin B2), mcg: 150

Vitamin B6, mcg: 60

Vitamin B12, mcg: 0.3

Niacin, mcg: 1050

Folic Acid (Folacin), mcg: 15

Pantothenic Acid, mcg: 450

Biotin, mcg: 4.5

Vitamin C, mg: 9

Choline, mg: 12

Inositol, mg: 24

Minerals

Calcium, mg: 2.9
Phosphorus, mg: 25
Magnesium, mg: 6
Iron, mg: 1.8
Zinc, mg: 0.8
Manganese, mcg: 5
Copper, mcg: 90
Iodine, mcg: 6
Sodium, mg: 24
Sodium, mEq: 1.0
Potassium, mg: 82
Potassium, mEq: 2.1
Chloride, mg: 57
Chloride, mEq: 1.6

Serving Size: 100 g Powder

Amount Per Serving

Characteristics

Protein, % Cal: 9
Protein Source: Whey Protein Concentrate, Sodium Caseinate
Fat, % Cal: 50
Fat Source: Coconut and Corn Oils
Carbohydrate, % Cal: 41
Carbohydrate Source: Corn Syrup

Nutrient Data

Volume, mL:
Protein, g: 11.4
Fat, g: 28.7
Carbohydrate, g: 52.3
Water, g: 2.5
Linoleic Acid, mg: 6660
Calories: 513
Osmolality, mOsm/kg H₂O:
Potential Renal Solute Load, mOsm: 94

Vitamins

Vitamin A, IU: 1540
Vitamin D, IU: 0
Vitamin E, IU: 10
Vitamin K, mcg: 41

Thiamin (Vitamin B1), mcg: 513
Riboflavin (Vitamin B2), mcg: 770
Vitamin B6, mcg: 310
Vitamin B12, mcg: 1.3
Niacin, mcg: 5400
Folic Acid (Folacin), mcg: 77
Pantothenic Acid, mcg: 2300
Biotin, mcg: 23
Vitamin C, mg: 46
Choline, mg: 62
Inositol, mg: 123

Minerals

Calcium, mg: 15
Phosphorus, mg: 128
Magnesium, mg: 31
Iron, mg: 9.2
Zinc, mg: 3.8
Manganese, mcg: 26
Copper, mcg: 460
Iodine, mcg: 31
Sodium, mg: 125
Sodium, mEq: 5.4
Potassium, mg: 420
Potassium, mEq: 10.7
Chloride, mg: 292
Chloride, mEq: 8.2