

Phenex Unflavored Nutritional Information

Phenex-1 Powder / 14.1-oz (400-g) Can / 6 ct

Serving Size: 100 Cal

Amount Per Serving % DV % RDI

Characteristics

Protein Equivalent Source: L-Amino Acids

Fat Source: High Oleic Safflower, Coconut and Soy Oils

Carbohydrate Source: Corn Syrup Solids

Osmolality, mOsm/kg H₂O: 370

Nutrient Data

Protein Equivalent, g: 3.1

Fat, g: 4.5

Carbohydrate, g: 11.0

Linoleic Acid, mg: 729

Linolenic Acid, mg: 73

L-Carnitine, mg: 4

Calories: 100

Potential Renal Solute Load, mOsm: 27.8

Vitamins

Vitamin A, IU: 292

Vitamin A, mcg RE: 87.5

Vitamin D, IU: 63

Vitamin D, mcg: 1.6

Vitamin E, IU: 3

Vitamin E, mg alpha-TE: 2.1

Vitamin K, mcg: 10.4

Thiamin (Vitamin B1), mcg: 396

Riboflavin (Vitamin B2), mcg: 188

Vitamin B6, mcg: 156

Vitamin B12, mcg: 1.0

Niacin, mcg: 2083

Niacin, mg NE: 2.7

Folic Acid (Folacin), mcg: 48

Pantothenic Acid, mcg: 1438

Biotin, mcg: 13.5

Vitamin C, mg: 10.4

Choline, mg: 16.7

Inositol, mg: 8.3

Minerals

Calcium, mg: 120
Calcium, mEq: 6.0
Phosphorus, mg: 83
Magnesium, mg: 10
Iron, mg: 1.9
Zinc, mg: 1.7
Manganese, mcg: 104
Copper, mcg: 229
Iodine, mcg: 13.5
Selenium, mcg: 4.2
Chromium, mcg: 2.3
Molybdenum, mcg: 2.5
Sodium, mg: 39.6
Sodium, mEq: 1.7
Potassium, mg: 140.6
Potassium, mEq: 3.6
Chloride, mg: 67.7
Chloride, mEq: 1.9

* Prepared at 20 Cal/fl oz.

Serving Size: 100 g Powder

Amount Per Serving % DV % RDI

Characteristics

Protein Equivalent Source: L-Amino Acids
Fat Source: High Oleic Safflower, Coconut and Soy Oils
Carbohydrate Source: Corn Syrup Solids
Osmolality, mOsm/kg H₂O: 370

Nutrient Data

Protein Equivalent, g: 15.0
Fat, g: 21.7
Carbohydrate, g: 53.0
Linoleic Acid, mg: 3500
Linolenic Acid, mg: 350
L-Carnitine, mg: 20
Calories: 480
Potential Renal Solute Load, mOsm: 133

Vitamins

Vitamin A, IU: 1400
Vitamin A, mcg RE: 420
Vitamin D, IU: 300
Vitamin D, mcg: 7.5
Vitamin E, IU: 15
Vitamin E, mg alpha-TE: 10.1
Vitamin K, mcg: 50
Thiamin (Vitamin B1), mcg: 1900

Riboflavin (Vitamin B2), mcg: 900

Vitamin B6, mcg: 750

Vitamin B12, mcg: 4.9

Niacin, mcg: 10000

Niacin, mg NE: 12.8

Folic Acid (Folacin), mcg: 230

Pantothenic Acid, mcg: 6900

Biotin, mcg: 65

Vitamin C, mg: 50

Choline, mg: 80

Inositol, mg: 40

Minerals

Calcium, mg: 575

Calcium, mEq: 28.8

Phosphorus, mg: 400

Magnesium, mg: 50

Iron, mg: 9

Zinc, mg: 8

Manganese, mcg: 500

Copper, mcg: 1100

Iodine, mcg: 65

Selenium, mcg: 20

Chromium, mcg: 11

Molybdenum, mcg: 12

Sodium, mg: 190

Sodium, mEq: 8.3

Potassium, mg: 675

Potassium, mEq: 17.3

Chloride, mg: 325

Chloride, mEq: 9.2

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