

## ProViMin Unflavored Powder Nutritional Information

ProViMin Powder / 5.3-oz (150-g) Can / 6 ct

**Serving Size:** 100 g Powder

Amount Per Serving % DV % RDI

### Characteristics

**Protein Source:** Casein, L-Amino Acids

**Fat Source:** Coconut Oil

**Carbohydrate Source:** None Added

**Osmolality, mOsm/kg H<sub>2</sub>O:** Varies With Amount of Carbohydrate, Fat and Water Added

### Nutrient Data

**Protein, g:** 73

**Fat, g:** 1.4

**Carbohydrate, g:** 2.0

**Water, g:** 4.0

**Linoleic Acid, mg:** 0.0

**Potential Renal Solute Load, mOsm:** 673

**Calories:** 313

### Vitamins

**Vitamin A, IU:** 6740

**Vitamin D, IU:** 1000

**Vitamin E, IU:** 67

**Vitamin K, mcg:** 90

**Thiamin (Vitamin B1), mcg:** 2240

**Riboflavin (Vitamin B2), mcg:** 2020

**Vitamin B6, mcg:** 1350

**Vitamin B12, mcg:** 5.6

**Niacin, mcg:** 24000

**Folic Acid (Folacin), mcg:** 320

**Pantothenic Acid, mcg:** 10100

**Biotin, mcg:** 100

**Vitamin C (Ascorbic Acid), mg:** 200

**Choline, mg:** 335

**Inositol, mg:** 105

### Minerals

**Calcium, mg:** 2400

**Calcium, mEq:** 120.0

**Phosphorus, mg:** 1700

**Magnesium, mg:** 200

**Iron, mg:** 40

Zinc, mg: 17  
Manganese, mcg: 200  
Copper, mcg: 2100  
Iodine, mcg: 335  
Selenium, mcg: 40  
Sodium, mg: 1200  
Sodium, mEq: 52  
Potassium, mg: 3300  
Potassium, mEq: 84  
Chloride, mg: 2300  
Chloride, mEq: 65

Serving Size: 100 Cal

Amount Per Serving % DV % RDI

**Characteristics**

**Protein Source:** Casein, L-Amino Acids  
**Fat Source:** Coconut Oil  
**Carbohydrate Source:** None Added  
**Osmolality, mOsm/kg H2O:** Varies With Amount of Carbohydrate, Fat and Water Added

**Nutrient Data**

**Protein, g:** 23  
**Fat, g:** 0.4  
**Carbohydrate, g:** 0.6  
**Water, g:**  
**Linoleic Acid, mg:** 0.0  
**Potential Renal Solute Load, mOsm:** 215  
**Calories:** 100

**Vitamins**

**Vitamin A, IU:** 2150  
**Vitamin D, IU:** 320  
**Vitamin E, IU:** 21  
**Vitamin K, mcg:** 29  
**Thiamin (Vitamin B1), mcg:** 716  
**Riboflavin (Vitamin B2), mcg:** 645  
**Vitamin B6, mcg:** 431  
**Vitamin B12, mcg:** 1.8  
**Niacin, mcg:** 7670  
**Folic Acid (Folacin), mcg:** 102  
**Pantothenic Acid, mcg:** 3230  
**Biotin, mcg:** 32  
**Vitamin C (Ascorbic Acid), mg:** 64  
**Choline, mg:** 107  
**Inositol, mg:** 34

**Minerals**

**Calcium, mg:** 767  
**Calcium, mEq:** 38.4  
**Phosphorus, mg:** 543  
**Magnesium, mg:** 64  
**Iron, mg:** 13  
**Zinc, mg:** 5.4  
**Manganese, mcg:** 64  
**Copper, mcg:** 671  
**Iodine, mcg:** 107  
**Selenium, mcg:** 13  
**Sodium, mg:** 383  
**Sodium, mEq:** 17  
**Potassium, mg:** 1050  
**Potassium, mEq:** 27  
**Chloride, mg:** 735  
**Chloride, mEq:** 21