

Composition of ProViMin® Protein-Vitamin-Mineral Formula Component With Iron

Nutrient	ProViMin * (Per 100 g powder)
Energy, kcal	312
Protein, g	73.0
Other Nitrogen-Containing Compounds	
Carnitine, mg	40
Taurine, mg	110
Carbohydrate, g	2.00
Fat, g	1.4
Linoleic acid, g	0
α -Linolenic acid, g	0
Amino Acids, g	
<u>Essential</u>	
Cystine	0.41
Histidine	2.0
Isoleucine	3.4
Leucine	6.8
Lysine	5.7
Methionine	2.2
Phenylalanine	3.6
Threonine	3.0
Tryptophan	1.0
Tyrosine	4.0
Valine	4.3
<u>Nonessential</u>	
Alanine	2.1
Arginine	2.5
Aspartic acid	4.8
Glutamic acid	14.0
Glycine	1.4
Proline	7.4
Serine	3.8
<u>Other Nitrogen-Containing Compounds</u>	
Carnitine	0.04
Taurine	0.15
Minerals	
Calcium, mg	2,400
Chloride, mg/mEq	2,300/65
Copper, mg	2.10
Iodine, μ g	335
Iron, mg	40
Magnesium, mg	200
Manganese, mg	0.20
Phosphorus, mg	1,700
Potassium, mg/mEq	3,300/84
Selenium, μ g	63
Sodium, mg/mEq	1,200/52
Zinc, mg	17
Vitamins	
A, μ g RE	2,024
D, μ g	25

Nutrient	ProViMin * (Per 100 g powder)
E, mg α -TE	45
K, μ g	90
Ascorbic acid, mg	200
Biotin, μ g	100
B ₆ , mg	1.35
B ₁₂ , μ g	5.6
Choline, mg	335
Folate, μ g	320
Inositol, mg	105
Niacin, mg/mg NE	24.0/40.7
Pantothenic acid, mg	10.1
Riboflavin, mg	2.02
Thiamin, mg	2.24
Water, g	4.0
Other Characteristics	
Approx. potential renal solute load mosm	673
Approx. osmolarity, mosm/L	200

* Approximate weights per g powder of ProViMin measured in level, dry US standard household measures:

1 Tbsp	=	2.9 g
1/4 cup	=	11 g
2/3 cup	=	30 g
1 cup	=	44 g