

Balanced Nutrition Powder

Approximate Composition*	Units	Per 100g	Per Serving (50g)
ENERGY	kcal	444	222
PROTEIN	g	20	10
CARBOHYDRATE	g	54.3	27.2
Total Sugars	g	18	9
Added Sugar (Sucrose)	g	18	9
Dietary Fibre	g	3	1.5
FOS	g	2	1
FAT	g	17	8.5
Saturated Fat	g	2	1
Monounsaturated Fat	g	9.4	4.7
Polyunsaturated Fat	g	4.8	2.4
Omega 3 fatty acids	mg	466	233
Trans Fat	g	0	0
Cholesterol	mg	3	1.5
VITAMIN-A	mcg RE	751	375.5
VITAMIN-D	mcg	13	6.5
VITAMIN-E	mg	8.3	4.2
VITAMIN-K	mcg	46	23
VITAMIN-C	mg	67	33.5
FOLIC ACID	mcg	350	175
VITAMIN-B1	mg	1.7	0.9
VITAMIN-B2	mg	2.3	1.2
VITAMIN-B6	mg	1.9	1
VITAMIN-B12	mcg	2	1
NIACIN	mg	10.8	5.4
PANTOTHENIC ACID	mg	4.2	2.1
BIOTIN	mcg	33	16.5
CHOLINE	mg	150	75
SODIUM	mg	216	108
POTASSIUM	mg	612	306
CHLORIDE	mg	353	176.5
CALCIUM	mg	558	279
PHOSPHORUS	mg	269	134.5
MAGNESIUM	mg	158	79
IRON	mg	8.5	4.3
ZINC	mg	16	8
MANGANESE	mg	3.5	1.8
COPPER	mg	1.01	0.5
IODINE	mcg	98	49
SELENIUM	mcg	29	14.5
CHROMIUM	mcg	49	24.5
MOLYBDENUM	mcg	35	17.5

Calorie Distribution	kcal	Percent
Protein	80	18.01%
Carbohydrate	211.20	47.55%
Fat	153	34.44%
TOTAL	444.20	100%

- Blend of 5 sources of Proteins
- Balanced amino acid profile
- PDCAAS 1
- Suitable for flexible calorie reconstitution
- Lactose Free
- Prebiotic Fibre
- Contains Probiotics
- Omega 3
- MUFA rich Fat Profile
- Trans Fat Free
- High Solubility & Rapid Dissolution

Flexible Calorie Reconstitution

- 25g in 95ml water = 110ml solution = 1 kcal/ml
- 25g in 75ml water = 90ml solution = 1.25 kcal/ml
- 25g in 60ml water = 75 ml solution = 1.5 kcal/ml
- 25g in 45ml water = 63 ml solution = 1.75 kcal/ml

Pediatric Nutrition Powder

Approximate Composition	Units	Per 100g	Per Serving (25g)
ENERGY	kcal	482	120.5
PROTEIN	g	14.6	3.65
CARBOHYDRATE	g	54.3	13.575
Added Sugar	g	30.2	7.55
Dietary Fibre	g	3.6	0.9
FOS	g	1.6	0.4
FAT	g	23.6	5.9
Saturated Fat	g	5	1.25
MCTs	g	3	0.75
Monounsaturated Fat	g	16	4
Polyunsaturated Fat	g	1.7	0.425
Trans Fat	g	0	0
Cholesterol	mg	9.7	2.425
DHA	mg	30	7.5
TAURINE	mg	28	7
CARNITINE	mg	7	1.75
INOSITOL	mg	32	8
VITAMIN-A	IU	1020	255
VITAMIN-D	IU	128	32
VITAMIN-E	mg αTE	11	2.75
VITAMIN-K	mcg	17.5	4.375
VITAMIN-C	mg	44	11
FOLIC ACID	mcg	100	25
VITAMIN-B1	mcg	900	225
VITAMIN-B2	mcg	1000	250
VITAMIN-B6	mg	1	0.25
VITAMIN-B12	mcg	1.5	0.375
NIACIN	mg	7	1.75
PANTOTHENIC ACID	mg	3.1	0.775
BIOTIN	mcg	16	4
CHOLINE	mg	118	29.5
SODIUM	mg	295	73.75
POTASSIUM	mg	512	128
CHLORIDE	mg	394	98.5
CALCIUM	mg	386	96.5
PHOSPHORUS	mg	240	60
MAGNESIUM	mg	78	19.5
IRON	mg	5.5	1.375
ZINC	mg	3.5	0.875
MANGANESE	mcg	977	244.25
COPPER	mcg	400	100
IODINE	mcg	38	9.5
SELENIUM	mcg	13	3.25
CHROMIUM	mcg	15	3.75
MOLYBDENUM	mcg	23	5.75

- Growth Nutrients
- Immunonutrients - FOS, Probiotics, Vitamins, Zinc, Selenium
- Neuronutrients - DHA, Omega 3, Omega 6, Taurine, Choline
- Essential Micronutrients
- Healthy fat profile rich in MUFA
- DHA for brain development
- Unique blend of Prebiotics & Probiotics
- Calcium & Phosphorous for bone and teeth development
- Trans fat free
- Source of Dietary Fibre
- High Solubility / Rapid Dissolution

Reconstitution: 25g in 100ml water

Recommended intake: 2 servings per day

Diabetic Nutrition Powder

Approximate Composition*	Units	Per 100g	Per Serving (25g)
ENERGY	kcal	424	106
PROTEIN	g	25	6.3
CARBOHYDRATE	g	43	10.8
Total Sugars ^s	g	5	1.3
Added Sugar (Sucrose)	g	0	0
Dietary Fibre	g	14	3.5
FOS	g	3	0.8
FAT	g	20	5
Saturated Fat	g	2.3	0.6
Monounsaturated Fat	g	11.4	2.9
Polyunsaturated Fat	g	5.4	1.4
Omega 3 fatty acids	mg	515	128.8
Trans Fat	g	0	0
Cholesterol	mg	3	0.8
SODIUM	mg	262	65.5
TAURINE	mg	50	12.5
L-CARNITINE	mg	90	22.5
INOSITOL	mg	360	90
VITAMIN-A	mcg RE	751	187.8
VITAMIN-D	mcg	13	3.3
VITAMIN-E	mg	8.3	2.1
VITAMIN-K	mcg	46	11.5
VITAMIN-C	mg	67	16.8
FOLIC ACID	mcg	475	118.8
VITAMIN-B1	mg	1.7	0.4
VITAMIN-B2	mg	2.3	0.6
VITAMIN-B6	mg	1.9	0.5
VITAMIN-B12	mcg	2	0.5
NIACIN	mg	10.8	2.7
PANTOTHENIC ACID	mg	4.2	1.1
BIOTIN	mcg	33	8.3
CHOLINE	mg	239	59.8
POTASSIUM	mg	659	164.8
CHLORIDE	mg	394	98.5
CALCIUM	mg	695	173.8
PHOSPHORUS	mg	298	74.5
MAGNESIUM	mg	172	43
IRON	mg	9.3	2.3
ZINC	mg	17.6	4.4
MANGANESE	mg	3.6	0.9
COPPER	mg	1.02	0.3
IODINE	mcg	98	24.5
SELENIUM	mcg	29	7.3
CHROMIUM	mcg	105	26.3
MOLYBDENUM	mcg	33	8.3

Add 25g (2 levelled scoops) in 120ml water

- 25% Protein
- Low Glycemic Index
- Low Sugars
- Low Cholesterol
- Fibre enriched
- Sucrose Free
- Omega 3
- MUFA

Approximate Composition	Unit	Per Serving (6g)	% RDA*
ENERGY	kcal	21.5	1.1%
PROTEIN	g	5	9.3%
CARBOHYDRATE	g	0.3	0.1%
Total Sugars ^{\$}	g	0.06	0.1%
Added Sugar	g	0	**
Dietary Fibre	g	0.2	0.7%
FAT	g	0.1	0.1%
Saturated Fat	g	0	0.0%
Trans Fat	g	<0.01	<0.5%
Cholesterol	mg	0.6	**
SODIUM	mg	9.1	0.5%
POTASSIUM	mg	21.1	0.6%
CHLORIDE	mg	2.3	0.1%
CALCIUM	mg	19.1	1.9%
PHOSPHORUS	mg	10	1.0%
MAGNESIUM	mg	5.2	1.2%

* Based on RDA for Men (Sedentary Work) ICMR 2020

** RDA not defined

\$ - Derived naturally from the ingredients

Weight Loss

Approximate Composition*	Units	Per 100g	Per Serving (35g)
ENERGY	kcal	321	112.35
PROTEIN	g	40	14
CARBOHYDRATE	g	46	16.1
Added Sugar	g	0	0
Dietary Fibre	g	17	5.95
FAT	g	1.2	0.42
Trans Fat	g	0	0
Cholesterol	mg	0	0
CARNITINE	mg	1000	350
HYDROXY CITRIC ACID	mg	800	280
CLA	mg	250	87.5
VITAMIN-A	IU (mcg RE)	2500 (751)	875 (263)
VITAMIN-D	IU (mcg)	400 (10)	140 (3.5)
VITAMIN-E	mg	15	5.25
VITAMIN-K	mcg	20	7
VITAMIN-C	mg	75	26.25
VITAMIN-B1	mg	1.5	0.53
VITAMIN-B2	mg	1.5	0.53
VITAMIN-B6	mg	2	0.7
VITAMIN-B12	mcg	4	1.4
NIACIN (VITAMIN-B3)	mg	20	7
FOLIC ACID	mcg	250	87.5
PANTOTHENIC ACID	mg	9.5	3.33
BIOTIN	mcg	120	42
CHOLINE	mg	90	31.5
SODIUM	mg	470.1	164.54
POTASSIUM	mg	397.2	139.02
CHLORIDE	mcg	206	72.1
CALCIUM	mg	817.2	286.02
PHOSPHORUS	mg	615	215.25
MAGNESIUM	mg	380	133
IRON	mg	26.5	9.275
ZINC	mg	16	5.6
MANGANESE	mg	1.5	0.525
COPPER	mg	2.1	0.735
IODINE	mcg	98	34.3
SELENIUM	mcg	60	21
CHROMIUM	mcg	100	35
MOLYBDENUM	mcg	60	21

- Low fat
- Rich in Soluble Fibre
- Fortified with Amino Acids
- Fat burners
- PDCAAS 1
- Sucrose free
- Cholesterol free
- Trans Fat free

Reconstitution: 35g in 250ml skimmed milk

Recommended intake: 1 serving per day or as directed by the dietician

Mass Gainer

Approximate Composition*	Units	Per 100g	Per Serving (75g)
ENERGY	kcal	366	274.5
PROTEIN	g	16	12
CARBOHYDRATE	g	73.6	55.2
Added Sugar	g	10	7.5
Dietary Fibre	g	4.1	3.08
FAT	g	1.7	1.28
Trans Fat	g	0	0
Cholesterol	mg	28	21
L-GLUTAMINE	mg	200	150
L-LEUCINE	mg	700	525
L-ISOLEUCINE	mg	350	262.5
L-VALINE	mg	350	262.5
TAURINE	mg	700	525
GLYCINE	mg	700	525
CREATINE MONOHYDRATE	mg	450	337.5
VITAMIN-A (from acetate)	IU (mcg RE)	1195 (359)	896.25 (269.3)
VITAMIN-D	IU (mcg)	126 (3.15)	94.5 (2.4)
VITAMIN-E	mg αTE	9	6.75
VITAMIN-C	mg	20	15
FOLIC ACID	mcg	132	99
VITAMIN-B1	mcg	360	270
VITAMIN-B2	mcg	510	382.5
VITAMIN-B6	mcg	600	450
VITAMIN-B12	mcg	1.8	1.35
NIACIN	mg	6	4.5
PANTOTHENIC ACID	mg	3.6	2.7
BIOTIN	mcg	63	47.25
SODIUM	mg	246	184.5
POTASSIUM	mg	68	51
CHLORIDE	mg	409	306.75
CALCIUM	mg	416	312
PHOSPHORUS	mg	211	158.25
MAGNESIUM	mg	111	83.25
IRON	mcg	130	97.5
ZINC	mg	3.4	2.55
MANGANESE	mcg	61	45.75
IODINE	mcg	27	20.25
SELENIUM	mcg	27	20.25
CHROMIUM	mcg	3.6	2.7

- Complex Release Carbohydrate
- Creatine Monohydrate
- Fortified with amino acids
- Low fat
- Dietary fibre

Reconstitution: 75g in 200ml water

Recommended intake: 1-2 servings per day as per the body's requirement

Bio LeanMas

Approximate Composition*	Units	Per 100g	Per Serving 35.5g
ENERGY	kcal	373	132.4
PROTEIN	g	68	24
CARBOHYDRATE	g	13.5	4.8
Added Sugar	g	0	0
Dietary Fibre	g	5.9	2.1
FAT	g	6.9	2.4
Trans Fat	g	0.1	0
Cholesterol	mg	191	68
SODIUM	mg	310	110
POTASSIUM	mg	314	111
CHLORIDE	mg	398	141
CALCIUM	mg	351	125
PHOSPHORUS	mg	204	72
MAGNESIUM	mg	38	13
IRON	mcg	582	207

- Fast Digesting Whey Protein
- Supports Lean Muscle Growth
- Rich Source of Amino Acids
- Low Levels of Carbohydrate, Fat and Cholesterol

Reconstitution: 35.5g in 180ml water

Bio LeanMas Plus

Approximate Composition	Units	Per 100g	Per Serving (31.5g)
ENERGY	kcal	354	111.5
PROTEIN	g	76	24
CARBOHYDRATE	g	8.6	2.7
Added Sugar	g	0	0
Dietary Fibre	g	4	1.3
FAT	g	2.6	0.8
Trans Fat	g	0	0
Cholesterol	mg	31	9.8
INOSITOL	mg	50	15.8
CREATINE MONOHYDRATE	mg	1000	315
VITAMIN-A	IU (mcg RE)	1000 (300)	315 (94.5)
VITAMIN-D	IU (mcg)	1200 (30)	380 (9.5)
VITAMIN-E	mg αTE	9.9	3.1
VITAMIN-C	mg	13.2	4.2
VITAMIN-B1	mg	1.2	0.4
VITAMIN-B6	mg	1.6	0.5
NIACIN	mg	16	5
PANTOTHENIC ACID	mg	4.93	1.6
SODIUM	mg	326	102.7
POTASSIUM	mg	58	18.3
CHLORIDE	mg	980	308.7
CALCIUM	mg	54	17
PHOSPHORUS	mg	85	26.8
MAGNESIUM	mg	6	1.9
IRON	mcg	70	22.1

- Fast Digesting Whey Protein
- Supports Lean Muscle Growth
- Added Creatine Monohydrate
- Naturally occuring BCAAs
- Low Levels of Carbohydrate, Fat and Cholesterol

Reconstitution: 31.5g in 200ml water