

# PROTEIN POWDER



#### MISSION

Ahem Lifecare success and consistent growth lies in executing strategic moves made in the areas of Manufacturing, R&D and Operations. Ahem Lifecare's is the supreme Nutraceutical partner among the fraternity by continuously researching, developing and manufacturing a wide range of Nutraceutical products which comply with the highest global standard regulations.



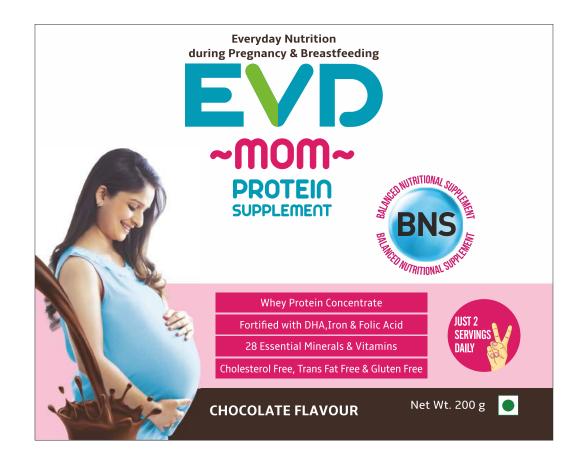
#### VISION

We are Asia's leading generic Nutraceutical Company and one among the top in the world" To be global healthcare organization and recognized as domestic and internationally integrated healthcare and Nutraceutical company through Innovation, Quality, and Competence. To become the leading Nutraceutical player in the industry by assuring high-quality standards and cost-effective products at all times. We fingermark our presence in society by creating a portfolio of dietary supplements available to all ages.



#### VALUES

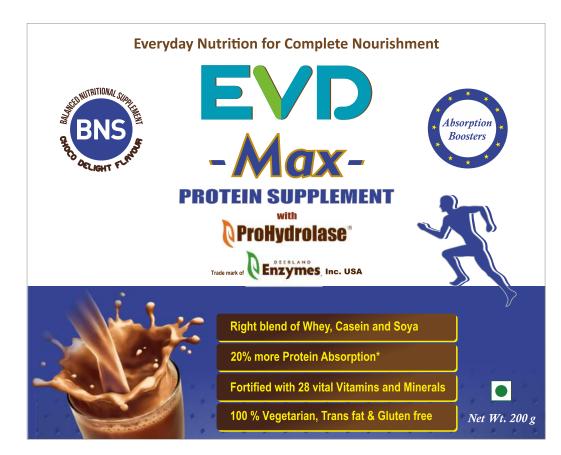
We are identified on our Values as to act with the highest ethical standards and a good social conscience appropriate for a company engaged in a business that affects human lives.



Serving size - 2 Scoops (30 g)

Total Weight of the container - 200g

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Nutrients		Per 100g	Per serving (30g)	% Daily Value/ serving
Total Calories	kcal	438	131.5	5
Calories from fat	kcal	51	15.3	2
Total Fat	g	5.6	1.7	2
MUFA	g	1.9	0.6	
PUFA	g	0.6	0.2	
Saturated Fat	g	3.1	0.9	4
Trans Fat	g	0	0	0
Cholesterol	mg	0	0	0
Total Carbohydrate (Including sugar)	g	65.4	19.6	5
Sugar	g	15	4.5	
Dietary Fiber	g	5	1.5	
DHA	mg	350	105.1	
Total Protein	g	24	7.2	9
Vitamins & Minerals				
Vitamin A	IU	5000	1501.5	19
Vitamin C	mg	60	18	30
Vitamin B1	mg	1.2	0.4	21
Vitamin B2	mg	1	0.3	15
Vitamin B6	mg	2	0.6	24
Vitamin B12	mcg	1.2	0.4	30
Niacinamide	mg	13	3.9	20
Biotin	mcg	200	60.1	20
Calcium D-Pantothenate	mg	5	1.5	15
Vitamin E	mg	30	9	30
Vitamin D	IU	400	120.1	30
Vitamin K	mcg	50	15	19
Folic Acid	mcg	500	150.2	30
Calcium	mg	1300	390.4	30
Magnesium	mg	200	60.1	13
Copper	mg	2	0.6	30
Iron	mg	35	10.5	30
Zinc	mg	12	3.6	30
Manganese	mg	2	0.6	30
Potassium	mg	865	259.8	7
Phosphorus	mg	1000	300.3	23
Sodium	mg	500	150.2	6
Chromium	mcg	100	30	25
lodine	mcg	150	45	30
Selenium	mcg	40	12	17
Molybdenum	mcg	40	12	16
Chloride	mg	800	240.2	7
Choline	mg	400	120.1	22



Serving size - 2 Scoops (30 g) Net Weight - 200g

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Nutrients	Unit	Per 100g	Per serving (30g)	% Daily Value / Serving			
Total Calories	kcal	375	113	6			
Calories from fat	kcal	45	13.5	2			
Total Fat	g	5	1.5	2			
MUFA	g	2.5	0.8	+			
PUFA	g	1.5	0.5	+			
Saturated Fat	g	1	0.3	2			
Trans Fat	g	0	0	0			
Cholesterol	mg	0	0	0			
Total Carbohydrate	g	55	16.5	6			
Sugar	g	20	6.0	+			
Dietary Fiber	g	3	0.9	+			
FOS	g	2	0.6	+			
Total Protein	g	30	9	18			
ProHydrolase	mg	300	90.00	+			
Vitamins & Minerals							
Vitamin A	IU	4500	1350	27			
Vitamin C	mg	55	17	28			
Vitamin B,	mg	1.4	0.4	28			
Vitamin B,	mg	1.6	0.5	30			
Vitamin B <sub>6</sub>	mg	1	0.3	15			
Vitamin B <sub>12</sub>	mcg	3	1	15			
Niacinamide	mg	10	3	15			
Biotin	mcg	100	30	10			
Calcium D-Pantothenate	mg	5	1.5	15			
Vitamin E	mg	30	9	30			
Vitamin D	IU	250	75	19			
Vitamin K	mg	50	15	19			
Folic Acid	mg	200	60	15			
Choline	mg	100	30	5			
Calcium	mg	800	240	24			
Magnesium	mg	200	60	15			
Copper	mg	1.8	0.5	27			
Iron	mg	16	5	27			
Zinc	mg	10	3	20			
Manganese	mg	1.8	0.5	27			
Potassium	mg	700	210	6			
Phosphorus	mg	600	180	18			
Sodium	mg	350	105	4			
Chromium	mg	90	27	23			
lodine	mg	100	30	20			
Selenium	mg	30	9	13			
Molybdenum	mg	35	10.5	14			
Chloride	mg	250	75	2			
Other Nutrients	mg			<u> </u>			
Taurine	mg	50	15	+			
Carnitine	mg	50	15	+			
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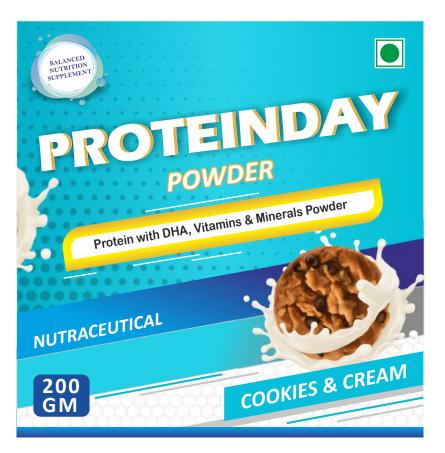


Serving size - 2 Scoops (30 g) Net Weight - 200g

Nutrients		Per 100g	Per	% Daily value/	
Nutrients		1011005	serving (30g)	serving	
Total Calories	kcal	411	123.3	6	
Calories from fat	kcal	45	13.5	2	
Total Fat	g	5	1.5	2	
MUFA	g	3.0	0.9	t	
PUFA	g	2.0	0.6	t	
Saturated Fat	g	0.4	0.1	1	
Trans Fat	g	0	0.0	0	
Cholesterol	mg	0	0.0	0	
Total Carbohydrate	g	64	19.2	6	
Dietary Fibre	g	6	1.8	t	
Total Protein	g	27	8.1	16	
Prohydrolase	mg	270	81		
Vitamins					
Vitamin C	mg	55	16.5	28	
Vitamin B <sub>1</sub>	mg	1.4	0.4	28	
Vitamin B <sub>2</sub>	mg	1.6	0.5	28	
Vitamin B	mg	1.5	0.5	23	
Vitamin B <sub>12</sub>	mcg	3	0.9	15	
Vitamin A	IU	4500	1350.0	27	
Niacinamide	mg	10	3.0	15	
Biotin	mcg	100	30.0	10	
Calcium D-Pantothenate	mg	5	1.5	15	
Vitamin K	mcg	50	15.0	19	
Vitamin E	IU	25	7.5	25	
Vitamin D	10	250	75.0	19	
Folic Acid	mcg	200	60.0	15	
Choline	mg	100	30.0	5	
Calcium	mg	800	240.0	24	
Magnesium	mg	200	60.0	15	
Copper	mg	1.8	0.5	27	
Iron	mg	5	1.5	8	
Zinc	mg	14	4.2	28	
Manganese	mg	2	0.5	20	
Potassium	mg	700	210.0	42	
Phosphorus	mg	600	180.0	18	
Sodium	mg			4	
	mcg	350 115	105.0 34.5	29	
Chromium	mcg				
lodine	-	100	30.0	20	
Selenium	mcg	65	19.5	28	
Molybdenum	mcg	35	10.5	14	
Chloride	mg	250	75.0	2	
Other Nutrients					
Coenzyme Q10	mg	30	9.0	<u>t</u>	
Taurine	mg	50	15.0	t	
L Carnitine	mg	30	9.0	t	
Inositol	mg	310	93.0	t	
Lutein (75%)	mg	10	3.0	t	
Zeaxanthin (30%)	mcg	5	1.5	t	
Nano Curcumin	mg	25	7.5	t	

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Vitamin B1	mg	1.2	0.4	21	
Vitamin B2	mg	1	0.3	15	
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Niacinamide	mg	13	3.9	20	
Biotin	mcg	200	60.1	20	
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Vitamin E	mg	30	9	30	
Vitamin D	IU	600	180	30	
Vitamin K	mcg	50	15	19	
Folic Acid	mcg	400	120	30	
Calcium	mg	1000	300	30	
Magnesium	mg	200	60.1	13	
Copper	mg	2	0.6	30	
Iron	mg	35	10.5	30	
Zinc	mg	15	4.5	30	
Manganese	mg	2	0.6	30	
Potassium	mg	865	259.8	7	
Phosphorus	mg	1000	300.3	23	
Sodium	mg	500	150.2	6	
Chromium	mcg	100	30	25	
lodine	mcg	150	45	30	
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Magnesium	mg	200	60.1	13
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