

PROTOBEX POWDER

COMPOSITION

Each 100g of the **PROTOBEX Powder** contains [approx]:

Energy	306 kcal
Protein	20 g
Carbohydrates	52 g
of which sugar	34 g
Fat Content	2 g
Saturated Fatty Acid	1.23 g
Monounsaturated Fatty Acid	0.37 g
Polyunsaturated Fatty Acid	0.37 g
VITAMINS	
Vitamin A	400 I.U.
Vitamin D3	100 I.U.
Vitamin C	83 mg
Vitamin E	16 mg
Niacinamide	7.6 mg
Pantothenic Acid	3 mg
Vitamin B1	2 mg
Vitamin B2	2 mg
Vitamin B6	1 mg
Biotin	84 mcg
Folic Acid	55 mcg
Vitamin K	50 mcg
Vitamin B12	0.9 mcg
MINERALS	
Calcium	800 mg
Phosphorus	600 mg
Choline	30 mg
Magnesium	20 mg
Iron	10 mg
Zinc	3 mg
Chromium	90 mcg
Iodine	44 mcg
Selenium	30 mcg
Natural colour & permitted flavours added	
Appropriate overages of vitamins added to compensate for loss on storage	

DESCRIPTION

NUTRIENT	BENEFITS
PROTEIN	
Protein [Whey]	Highest Biological Value. High bioavailability, allows faster uptake into muscle cells. Provides the highest quality of all Essential Amino Acids. Rich source of glutamine, cysteine, calcium & phosphorous. Contains immunoglobulins & lactoferrin.

	Low levels of lactose, calories & fat. Digested easily.
Protein [Casein]	Provides the highest quality of all Essential Amino Acids. A rich source of glutamine & arginine. Has high tyrosine-tryptophan amino acid ratios (almost 5:1). Stable during processing, preserves the nutritive value.
Protein [Soya]	Contains all eight essential amino acids. Has 1.0 PDCAAS Score. Contains no cholesterol & is low in saturated fat. Helps reduce serum concentrations of total cholesterol, Low-Density Lipoproteins (LDLs) & triglycerides.
CARBOHYDRATES	Source of energy for all body functions. Energy is provided by the metabolism of carbohydrates.
Fat	Body energy stores
VITAMINS	
Vitamin A	Essential for growth, for the development & maintenance of epithelial tissue, & for vision.
Vitamin E	Shows antioxidant properties. It protects cellular constituents from oxidation & prevents formation of toxic oxidation products, preserves RBC wall integrity.
Niacinamide	It functions as part of 2 coenzymes present in all cells, nicotinamide adenine dinucleotide (NAD) & nicotinamide adenine dinucleotide phosphate (NADP). These coenzymes participate in glycogenolysis, fatty acid metabolism & tissue respiration.
Pantothenic Acid	Precursor of coenzyme A. Functions include oxidative metabolism of carbohydrates, gluconeogenesis, synthesis & degradation of fatty acids and synthesis of steroids.
Vitamin B1	Essential coenzyme for carbohydrate metabolism in the form of the diphosphate
Vitamin B2	Essential for the utilization of energy from food.
Vitamin B6	Involved in amino acid metabolism, carbohydrate & fat metabolism. Required for the formation of haemoglobin.
Vitamin B12	Essential for growth, cell reproduction, hematopoiesis & nucleoprotein & myelin synthesis. Participates in red blood cell formation.
Biotin	Essential coenzyme in fat metabolism & in other carboxylation reactions.
Vitamin K	Essential cofactor in the hepatic synthesis of prothrombin & other blood clotting factors (factors VII, IX, X & proteins C & S) & in the function of proteins such as osteocalcin important for bone development
Vitamin D	Aids absorption of calcium & phosphorus. Maintains healthy bones & teeth.

Vitamin C	Maintains healthy gums, teeth, & bones. Assists in iron absorption. Protects against oxidative damage. Involved in antibody production & WBC activity. Helps in manufacture of collagen & promotes healing of wounds, fractures & bruises. Important in the synthesis of adrenal hormones, & neurotransmitters
Folic acid	Necessary for DNA & RNA synthesis. Essential for the growth/reproduction of all body cells. Works with vitamin B12 in the formation of RBCs.
MINERALS	
Calcium	Particularly important during periods of bone growth in childhood, adolescence & during pregnancy/lactation. Essential for the functional integrity of the nervous & muscular systems, for normal cardiac function, for cell permeability, & for blood coagulation. Also functions as an enzyme cofactor & affects the secretory activity of endocrine and exocrine glands.
Phosphorus	Plays a key role in osteoblastic & osteoclastic activities. Plays an important role in modifying steady-state tissue concentrations of calcium.
Choline	Component of the major phospholipid, lecithin, demonstrates lipotropic action.
Magnesium	Potassium cannot be retained in soft tissues & leaks out if magnesium is deficient. Magnesium is required for the absorption & utilization of calcium. Required for normal activity of 300 enzymes. Important stabilizer of polynucleic acids, substances where genetic information is stored.
Iron	Necessary for Haemoglobin formation & for oxidative processes
Zinc	Normal growth & tissue repair depend upon adequate zinc. Acts as an integral part of several enzymes important to protein & carbohydrate metabolism.
Chromium	Helps maintain normal glucose metabolism & peripheral nerve function
Iodine	Necessary for formation of thyroid hormones. Also has antimicrobial activity.
Selenium	Integral part of the enzyme system glutathione peroxidase; this enzyme protects intracellular structures against oxidative damage

INDICATIONS

Specially designed Nutritional Supplement for:

- ✓ Pregnancy & Lactation
- ✓ Growing Children
- ✓ Elderly
- ✓ Convalescing patients after surgery/serious illnesses

DOSAGE

Adults: Add 15 g (approx. 1 tablespoonful) to a small quantity of hot or cold milk. Make a thin paste by constant stirring and then add milk to make a cupful of delicious and invigorating **PROTOBEX** drink. Add sugar if necessary.

Take **PROTOBEX Powder** twice a day, preferably in the morning and at bed time.
Children [>6 years]: Half the adult dose.

PRECAUTIONS

PROTOBEX Powder is a supplement and is not a substitute for a balanced diet.

PROTOBEX Powder is meant for oral administration only and cannot be used like parenteral nutrition.

PROTOBEX Powder must be used according to the recommendation of the physician, nutritionist or another healthcare person.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of the formulation

PRESENTATION

PROTOBEX Powder is available in tins of 200 g with a delicious chocolate flavor.