



# PROTEIN POWER

## PROTHIRN

### Product Overview

Product Name: PROTHIRN

Active Ingredients (per 100 g):

- Protein 20%: 25 g
- Sorbitol: 18 g
- Carbohydrates: 20 g
- Fat: 0 g
- Energy Value: 180 Kcal
- Dietary Fibre: 0 g
- DHA: 100 mg
- Vitamin A: 5330 I.U.
- Vitamin E: 10 I.U.
- Vitamin C: 83 mg
- Niacinamide: 50 mg
- Iron: 10 mg
- Vitamin B2 (Riboflavin): 4.5 mg
- Vitamin B1 (Thiamine): 3.3 mg
- Calcium Pantothenate: 3.3 mg
- Vitamin B6: 1.6 mg
- Copper Sulphate: 1.6 mg



- Folic Acid: 1 mg
- Vitamin B12: 1.6 mcg
- Dicalcium Phosphate: 1330 mg
- Manganese Sulphate: 0.1 mg

Formulation: Powder Mix

Pack Size: 200grams

### **Mechanism of Action**

- Protein: Supports muscle building, tissue repair, and overall growth.
- DHA: Enhances brain function and vision health.
- Vitamins & Minerals: Support immune function, metabolism, and overall well-being.
- Sorbitol: Acts as a sugar substitute for sweetness without raising blood sugar levels.

### **Indications**

- Muscle recovery and growth
- Nutritional supplementation for active individuals
- Supporting overall health, immunity, and energy levels
- Suitable for gym-goers, athletes, and those with increased protein requirements

### **Dosage & Administration**

Recommended Dosage:

- Mix 1–2 scoops (approx. 25–30 g) in 200–250 ml of water or milk.
- Take once or twice daily, preferably post-workout or as directed by a physician or nutritionist.

Administration:

- Shake well before consumption.
- Best taken within 30 minutes of exercise or as a daily supplement.

### **Storage & Safety**

Storage:



- Store in a cool, dry place below 25°C.
- Keep the container tightly closed and protected from moisture and sunlight.

Precautions:

- Not recommended for individuals with known allergies to dairy or soy (if present).
- Consult a physician before use if pregnant, nursing, or on medication.

Possible Side Effects:

- Bloating or mild digestive discomfort (rare)
- Not suitable for individuals with phenylketonuria unless advised

Made in India for:



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