

Fitlivon[®] High Protein Formula



Unflavored-Fortified with **Leucine** to build **Lean Muscle Mass**



Nutrition Information :

	Unit	Per 100 g Powder (approx)	per serving 30 g Powder (approx)	*% RDA per 2 servings
Nutritional Facts				
Energy	kcal	375	112.5	9.70%
Protein	g	40	12	40.00%
Total Fat	g	2.5	0.75	6.00%
Saturated Fatty Acids	g	1.59	0.48	**
Polysaturated Fatty Acids	g	0.09	0.03	**
Monounsaturated Fatty Acids	g	0.65	0.2	**
Trans Fatty Acids	g	0.1	0.03	**
Cholesterol	mg	70	21	**
Carbohydrate	g	48	14.4	**
of which Sugar (Sucrose)***	g	0	0	**
Minerals				
Sodium	mg	180	54	5.14%
Calcium	mg	570	171	57.00%
Phosphorus	mg	380	114	38.00%
Magnesium	mg	50	15	8.82%
Potassium	mg	490	147	7.84%

Typical Essential Amino Acids Profile

(Approximate Quantity per 100g)

Iso-Leucine	2360 mg
Leucine	3600 mg
Lysine	3430 mg
Methionine	810 mg
Phenylalanine	1260 mg
Threonine	2390 mg
Tryptophan	640 mg
Valine	2260 mg
Histidine	730 mg

Typical Non-Essential Amino Acids Profile

(Approximate Quantity per 100g)

Alanine	1680 mg
Arginine	990 mg
Aspartic Acid	3510 mg
Cystine	640 mg
Glutamic Acid	6210 mg
Glycine	690 mg
Proline	2550 mg
Serine	1620 mg
Tyrosine	1190 mg

Nutrition Applications:

- Weakness, Muscle loss, Sarcopenia
- Post infection management
- Post-surgical convalescence period
- Tube feeding
- High-protein diets for Oncology patients, Post GI surgery, Hyper-catabolic patients, Sarcopenia, Muscle wasting
- Elevated protein requirements for renal (dialysis) or wound management (Burn)
- Malnutrition
- Diabetes management

Ingredients :

Whey protein Concentrate, Skim Milk Powder, Maltodextrin

Product Specifications :

Caloric Density : 1.0 Calories / ml

Carbohydrate Source : Maltodextrin

Functional Fat Source : NIL

Prebiotic Fiber Source : NIL

Osmolality : 310 mOsmol/kg water

Renal Solute Load : 46 mOsm/100 kcal

NPC to N Ratio : 60 : 1

Caloric Distribution (% of kcal)

Protein: 40%, Carbohydrate: 48%, Fat: 2.5%

Instructions For Use : The Jar contains the sealed Aluminum foil pouch. Once Open the content to be used within 4 weeks. After use close the lid of the jar and store cool and dry place. Once reconstituted use promptly within 12 hours at room temperature / Refrigerator. Care should be taken to avoid contamination during preparation of feed.

Recommended Dosage – Scoop size 15 gms

Oral Consumption - One serving - Two scoops (30 gm) Mix it well with 150 - 200ml of water, Juice, milk. Etc It is usually recommended to have 2 servings daily or as recommended by healthcare professionals.

RT feed dosage

Dosage	Serving Size	Dilution	Volume	Energy (Kcal)	Kcal / ml	Protein (gm)	Carb (gm)	Fat (gm)	Fiber (gm)	Sodium (gm)	Potassium (gm)
Per Scoop	15 gm	50 ml	52 ml	56	1.0	6	7.2	0.37	—	27	73.5
Per Serving (2 Scoops)	30 gm	100 ml	105 ml	112	1.0	12	14.4	0.75	—	54	147
Fitlivon 100 gm Powder	—	—	—	375	1.0	40	48	2.5	—	180	490
Per 100 ml feed	30 gm	95 ml	100 ml	112	1.0	12	14.4	0.75	—	54	147
Per 60 gm Protein dose	150 gm	500 ml	520 ml	560	1.0	60	72	3.00	—	270	735

Features :

- Complete amino acid Profile with Protein Digestibility Amino acid score (PDCAAS) of 1.0
- High quality Whey Concentrate
- Unflavored – Can be added in Water , Curd , Dal, Juices , Atta , Smoothies , Milk etc
- Not added Artificial color , flavor and sweetener
- Not added sugar
- Suitable for Diabetics

For Oral Consumption : Tastes best chilled. Do not heat.

For tube feeding: Administer at room temperature. Follow healthcare provider instructions for clean handling techniques, flow rate, volume administration, and water flushes. May be used via pump, gravity or bolus as directed by healthcare provider.

Age Indication : Suitable for 10 years and above

Storage: Store unopened product at room temperature. Use by date printed on label of package.

Not for Parenteral use. Keep out of reach of children. Not to exceed recommended daily usage. If under any specific medication or medical condition consult your healthcare professional before using the product. Not to be used by pregnant & lactating mothers, infants and children except when recommended by health care professional
Patent Pending formulation



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