

Nutrition Information of products from HUL Health Food Drinks and Biscuits Portfolio

*% of an average Adult's Recommended Dietary Allowance (2000 kcal diet)

		Product information		Macronutrients										Micronutrients																Others																		
				Brand	Product Name	Serve size (g)	Energy (kcal)	Protein (g)	Total fat (g)	Saturated fat (g)	Trans-fat (g)	Cholesterol (mg)	Carbohydrate (g)	Total Sugar (g)	Added sugars (g)	Dietary Fibre (g)	Sodium (mg)	Vitamin A (ug)	Vitamin B1 (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Vitamin B5 (mg)	Vitamin B6 (mg)	Vitamin B7 (ug)	Vitamin B9 (ug)	Vitamin B12 (ug)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)			Vitamin K1 (mg)	Vitamin K2 (mg)	Calcium (mg)	Iodine (ug)	Magnesium (mg)	Potassium (mg)	Selenium (mg)	Zinc (mg)	Chromium (mg)	Copper (mg)	Iron (mg)	Phosphorus (mg)	Chloride (mg)	Arginine (mg)	DHA (mg)	Choline (mg)	
1	Per serve	Horlicks	Junior Horlicks (Vanilla)	23	86	2.8	0.9	0.6	0.0	3.5	17.0	9.2	1.2	0.5	73.6	120.0	0.2	0.2	2.0	0.6	0.3	2.0	18.9	0.4	15.0	1.9	1.2	3.0	0.0	191.6	22.5	16.3	133.4	8.0	1.4	0.0	0.1	3.8	0.0	115.0	0.0	9.2	25.3					
	% RDA*/ serve			4	1	3	0				2	4																																				
2	Per serve	Horlicks	Junior Horlicks (Chocolate)	23	86	2.8	0.9	0.6	0.0	3.5	17.0	9.2	2.3	0.5	73.6	120.0	0.2	0.2	2.0	0.6	0.3	2.0	18.9	0.4	15.0	1.9	1.2	3.0	0.0	191.6	22.5	16.3	133.4	8.0	1.4	0.0	0.1	3.8	0.0	115.0	0.0	9.2	25.3					
	% RDA*/ serve			4	1	3	0				5	4																																				
3	Per serve	Horlicks	Horlicks Protein Plus (Vanilla)	30	112	10.2	1.2	0.7	0.0	12.0	15.6	9.0	0.0	0.9	132.0	300.0	0.6	0.7	8.0	1.5	1.0	9.0	60.0	1.0	32.0	5.0	1.5	19.5	0.0	96.0	0.0	51.0	0.0	0.0	1.0	0.0	0.0	8.5	90.0	0.0	0.0	0.0	0.0					
	% RDA*/ serve			6	2	3	2				0	7																																				
4	Per serve	Horlicks	Horlicks Protein Plus (Chocolate)	30	112	10.2	1.2	0.7	0.0	12.0	15.6	9.0	0.0	0.9	132.0	300.0	0.6	0.7	8.0	1.5	1.0	9.0	60.0	1.0	32.0	5.0	1.5	19.5	0.0	96.0	0.0	51.0	0.0	0.0	1.0	0.0	0.0	8.5	90.0	0.0	0.0	0.0	0.0					
	% RDA*/ serve			6	2	3	2				0	7																																				
5	Per serve	Horlicks	Horlicks Lite (Malt)	25	92	3.3	0.4	0.3	0.0	0.0	18.5	11.3	0.0	0.0	80.0	200.0	0.3	0.3	4.0	1.3	0.7	7.5	60.0	0.5	20.0	1.3	2.5	0.0	200.0	37.5	22.1	104.8	8.5	1.1	0.0	0.5	6.9	0.0	0.0	0.0	0.0	0.0						
	% RDA*/ serve			5	1	1	0				0	4																																				
6	Per serve	Horlicks	Horlicks Lite (Badam)	25	92	3.3	0.4	0.3	0.0	0.0	18.5	11.3	0.0	0.0	80.0	200.0	0.3	0.3	4.0	1.3	0.7	7.5	60.0	0.5	20.0	1.3	2.5	0.0	200.0	37.5	22.1	104.8	8.5	1.1	0.0	0.5	6.9	0.0	0.0	0.0	0.0	0.0						
	% RDA*/ serve			5	1	1	0				0	4																																				
7	Per serve	Horlicks	Horlicks Mother's Plus (Vanilla)	25	88	5.5	1.3	0.4	0.0	5.0	14.6	8.8	0.0	2.0	100.0	216.5	0.2	0.5	3.0	0.0	0.7	0.0	60.0	0.4	20.0	0.8	2.5	15.0	0.0	333.3	48.3	15.5	155.0	11.7	1.0	0.0	0.2	0.0	116.7	119.0	0.0	20.0	27.8					
	% RDA*/ serve			4	2	2	0				0	5																																				
8	Per serve	Horlicks	Horlicks Mother's Plus (Kesar)	25	88	5.5	1.3	0.4	0.0	5.0	14.6	8.8	0.0	2.0	100.0	216.5	0.2	0.5	3.0	0.0	0.7	0.0	60.0	0.4	20.0	0.8	2.5	15.0	0.0	333.3	48.3	15.5	155.0	11.7	1.0	0.0	0.2	0.0	116.7	119.0	0.0	20.0	27.8					
	% RDA*/ serve			4	2	2	0				0	5																																				
9	Per serve	Horlicks	Horlicks Women's Plus (Caramel)	30	108	4.5	0.7	0.4	0.0	0.0	20.5	8.4	0.0	0.6	156.0	99.0	0.2	0.5	2.0	0.8	1.0	5.0	60.0	0.5	20.0	5.0	1.2	0.0	27.5	300.0	24.8	36.3	162.6	12.9	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0						
	% RDA*/ serve			5	1	2	0				0	8																																				
10	Per serve	Horlicks	Horlicks Women's Plus (Chocolate)	30	108	4.5	0.7	0.4	0.0	0.0	20.5	8.4	0.0	0.6	156.0	99.0	0.2	0.5	2.0	0.8	1.0	5.0	60.0	0.5	20.0	5.0	1.2	0.0	27.5	300.0	24.8	36.3	162.6	12.9	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0						
	% RDA*/ serve			5	1	2	0				0	8																																				
11	Per serve	Horlicks	Horlicks Diabetes Plus	30	99	0.2	0.5	2.0	0.6	4.5	0.8	1.0	0.0	0.5	60.0	166.8	0.3	0.4	4.4	0.9	0.5	5.6	114.0	0.9	16.7	1.9	3.7	4.1	0.0	185.1	0.0	48.0	0.0	12.6	0.9	6.5	0.1	3.9	0.0	0.0	0.0	0.0						
	% RDA*/ serve			5	1	9	30				10	3																																				
12	Per serve	Horlicks	Horlicks Growth Plus	48	196	12.0	5.3	1.0	0.0	24.0	24.5	13.4	5.3	1.4	153.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.5	1.2	0.0	0.0	0.0	###	0.0	0.0	227.0	0.0	1.6	0.0	0.0	2.4	96.0	355.2	0.0	0.0	0.0						
	% RDA*/ serve			10	8	4	2				11	8																																				
13	Per serve	Maltova		15	59	1.2	0.6	0.0	0.0	0.0	12.4	0.0	2.9	0.0	0.0	0.0	0.1	0.1	1.3	0.0	0.1	0.0	6.0	0.1	3.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0						
	% RDA*/ serve			3	1	0	0				6	0																																				
14	Per serve	Viva		30	113	2.9	1.1	0.6	0.0	0.0	23.1	10.8	0.0	0.3	120.0	51.0	0.1	0.1	1.4	0.0	0.2	0.0	8.5	0.1	3.4	0.4	0.0	0.0	0.0	150.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	66.0	0.0	0.0	0.0					
	% RDA*/ serve			6	2	3	1				0	6																																				
15	Per serve	Boost		20	74	1.5	0.5	0.4	0.0	1.0	16.0	7.0	1.9	0.4	72.0	125.0	0.6	0.6	6.0	1.0	0.6	5.0	112.4	1.1	37.6	0.6	0.0	0.0	0.0	115.4	39.6	16.5	0.0	0.0	0.9	0.0	###	8.9	0.0	0.0	0.0	0.0						
	% RDA*/ serve			4	1	2	0				4	4																																				
16	Per serve	Horlicks	Millet Chocolate Horlicks	27	99	2.7	0.5	0.3	0.0	1.4	21.1	8.6	5.4	0.6	118.8	200.1	0.4	0.8	4.6	0.4	1.0	2.4	99.9	0.5	40.0	2.5	0.7	0.0	200.1	37.5	17.6	81.0	20.0	2.2	0.0	0.2	7.0	51.3	48.6	0.0	0.0							
	% RDA*/ serve			5	1	1	1				11	6																																				
17	Per serve	Horlicks	Horlicks (Malt)	27	102	3.0	0.5	0.3	0.3	1.4	21.3	12.4	3.6	0.0	108.0	200.1	0.4	0.8	4.6	0.4	1.0	2.4	99.9	0.5	40.0	2.5	0.7	0.0	200.1	37.5	17.6	121.5	20.0	2.2	0.0	0.2	7.0	75.6	152.6	0.0	0.0							
	% RDA*/ serve			5	1	1	14				7	5																																				
18	Per serve	Horlicks	Horlicks (Chocolate)	27	100	2.7	0.5	0.3	0.3	1.4	21.1	8.6	3.8		39.2	200.1	0.4	0.8	4.6	0.4	1.0	2.4	99.9	0.5	40.0																							