



# Enprocal®

Everyday Healthy Living

By **Precise**

## Nutritional Supplement

### Enprocal® features

- ✔ **Energy:** 598kJ in each 35g serve (1 scoop), predominantly from protein.
- ✔ **Protein:** Each 35g serve (1 scoop) contains 15g protein (30% of DI\*\*), predominantly from high quality easily digestible whey protein.
- ✔ **Calcium:** Each 35g serve (1 scoop) contains 49% RDI<sup>^</sup> for calcium.
- ✔ Contains inulin as a source of dietary fibre. Inulin is a prebiotic that enhances production of the gut-friendly bacteria, *Bifi dobacterium longum*.
- ✔ Low GI = 20, Low Glycemic Load = 2



### Enprocal® Benefits

- ✔ Formulated with Whey Protein Concentrate rich in Branch Chain amino acids (BCCA's) to aid in building and maintaining lean muscle mass.
- ✔ As a good source of calcium, Enprocal can assist with maintaining bone density.
- ✔ Can be easily made into 1.2 kcal/ml, 1.5 kcal/ml, 2 kcal/ml or 2.5 kcal per ml nutritional supplement drinks, as well as being able to fortify foods.
- ✔ Contains 19 vitamins and minerals.
- ✔ Neutral flavour
- ✔ Gluten free



## Nutrition Information

Serving Size 35g				
Nutrient	Unit	per serve (35g)	per 100g	% DI** or RDI <sup>^</sup> per serve
<b>Macronutrient Profile</b>				
Energy	kJ	598.0	1793.0	7%
Protein, total	g	15.0	42.9	30%
Glycomacropeptide*	g	2.3	6.6	
Alpha Lactalbumin*	g	1.0	2.9	
Alpha Lactoglobulin*	g	4.5	12.9	
Serrum Albumin*	mg	209.0	597.1	
Lactoferrin*	mg	32.0	91.4	
Immunoglobulin G*	g	0.2	0.6	
Fat Total	g	4.7	13.4	7%
Saturated	g	1.7	4.9	7%
Trans	g	less than 1	less than 1	
Polyunsaturated	g	less than 1	1.0	
Monounsaturated	g	2.3	6.6	
Carbohydrates	g	9.9	28.3	3%
Sugars	g	9.1	26.0	10%
Dietary Fibre	g	1.5	4.3	5%
Sodium	mg	78.0	222.9	3%
<b>Vitamin &amp; Mineral Profile</b>				
Vitamin A	ug	191.0	545.7	25%
Thiamin (B1)	mg	0.3	0.9	28%
Riboflavin (B2)	mg	0.6	1.7	36%
Niacin (B3)	mg	1.2	3.4	11%
Pantothenic acid (B5)	ug	0.6	1.7	11%
Pyridoxine (B6)	mg	0.3	0.9	19%
Biotin (B7)	ug	5.0	14.3	17%
Folate (B9)	mg	63.0	180.0	32%
Cyanocobalamin (B12)	ug	1.0	2.9	50%
Vit C	mg	20.0	57.1	50%
Vit D	ug	3.0	8.6	30%
Vit E	mg	1.5	4.3	15%
Calcium	mg	392.0	1120.0	49%
Iodine	ug	57.0	162.9	38%
Iron	mg	1.5	4.3	12%
Magnesium	mg	79.0	225.7	25%
Phosphorus	mg	184.0	525.7	18%
Zinc	mg	3.0	9.7	28%
Potassium	mg	327.0	934.3	
<b>Amino Acid Profile</b>				
Arginine	mg	400.0	1142.9	
Isoleucine	mg	900.0	2571.4	
Leucine	mg	1500.0	4285.7	
Lysine	mg	1300.0	3714.3	
Methionine	mg	300.0	857.1	
Phenylalanine	mg	600.0	1714.3	
Threonine	mg	900.0	2571.4	
Tryptophan	mg	200.0	571.4	
Valine	mg	900.0	1571.4	

\*a sub group of nutrient; \*\*percentage daily intake are based on average adult diet of 8700kJ.  
Your daily needs may be higher or lower depending on your energy needs.

<sup>^</sup>Recommended Dietary Intake.

## Ingredients

Whey protein concentrate (Whey protein concentrate, Sunflower lecithin), Milk solids (Milk solids, Soy lecithin), Vegetable oil powder [(Sunflower oil, Glucose syrup solids, Milk proteins, Emulsifier (471)], Vegetable fibre, Vitamins and minerals (Calcium carbonate, Magnesium sulphate, Vitamin C, Zinc sulphate, Ferric pyrophosphate, Vitamin E, Vitamin A, Vitamin D, Vitamin B3, Vitamin B2, Vitamin B1, Vitamin B6, Folic acid), Maltodextrin.

## Allergens

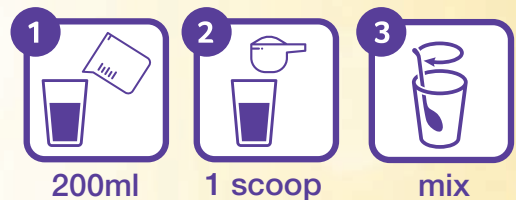
Contains Milk and Soy.

## Available pack size and serves per pack

Enprocal	10kg	900gm
35gm Serves per packaging	285	25

## Mixing Directions

Whisk, blend or shake 1 level scoop with 200ml of water, milk or juice (depending on taste).



Enprocal<sup>®</sup> is a formulated supplementary food, which may be used to address situations where nutrition and energy intake are inadequate to meet individual requirements.

Not intended as a sole source of nutrition.

Enprocal<sup>®</sup> is a product of

