

KetoVOLVE™

4:1 Ratio Powder

Ketogenic Diet Product Comparison

| | KetoVOLVE™ Per 100 g powder | ^a KetoCal® Per 100 g powder | ^b RCF ^c 4:1 ratio recipe |
|--------------------------------|---------------------------------|---|---|
| Form | Powder | Powder | Liquid |
| Flavor | mild vanilla | Unflavored | Unflavored |
| ENERGY | 712 | 720 | 712 |
| % Protein | 8.7 | 8.4 | 8.1 |
| % Fat | 89.2 | 90 | 90 |
| % Carbohydrate | 2.1 | 1.6 | 1.9 |
| PROTEIN SOURCE | 100% Whey | Casein | Soy isolate, L-methionine |
| PROTEIN, g | 14.5 | 15 | 14.5 |
| FAT, g | 73.64 | 72 | 71.2 |
| Trans, g | 0 | 24.9 | n/a |
| % MCT | 25 | 0 | 0 |
| % LCT | 75 | 100 | 100 |
| CARBOHYDRATE, g | 3.8 | 3.0 | 3.29 |
| Lactose, g | 0 | Yes | n/a |
| VITAMINS | | | |
| Vitamin A, ug RE | 400 | 380 | 442 |
| Vitamin D, ug | 10 | 5.2 | 7.2 |
| Vitamin E, mg TE | 7 | 7.4 | 5.3 |
| Vitamin K, ug | 55 | 40 | 54.3 |
| Vitamin C, mg | 25 | 60 | 43.4 |
| Thiamin, mg | 0.6 | 0.64 | 0.29 |
| Riboflavin, mg | 0.6 | 0.64 | 0.43 |
| Vitamin B ₆ , mg | 0.6 | 0.64 | 0.29 |
| Vitamin B ₁₂ , ug | 1.2 | 1.3 | 2.2 |
| Niacin, mg | 6.7 | 7.5 | 6.5 |
| Folic Acid, ug | 200 | 190 | 7.2 |
| Pantothenic Acid, mg | 3 | 2.6 | 3.6 |
| Biotin, ug | 12 | 12.5 | 22.1 |
| Choline, mg | 250 | 480 | 56.8 |
| Inositol, mg | 58 | 135 | 23.5 |
| MINERALS | | | |
| Calcium, mg | 800 | 800 | 507 |
| Phosphorous, mg | 695 | 650 | 362 |
| Magnesium, mg | 130 | 110 | 36.2 |
| Iron, mg | 10 | 11 | 36.2 |
| Zinc, mg | 4.7 | 5.8 | 3.6 |
| Manganese, mg | 1.4 | 1.6 | 0.12 |
| Copper, ug | 440 | 600 | 362 |
| Iodine, ug | 90 | 82 | 73.4 |
| Selenium, ug | 30 | 34 | 8.7 |
| Chromium, ug | 15 | 19 | - |
| Molybdenum, ug | 22 | 26 | - |
| Sodium, mg | 309 | 300 | 214 |
| Potassium, mg | 889 | 1080 | 528 |
| Chloride, mg | 723 | 500 | 300 |
| Standard Dilution kcal / mL | 1 g powder : 4 mL water 1.45 | 1 g powder : 4 mL water 1.44 | n/a |

^a Source: Nutricia www.shsna.com, 2009

^b Source: Abbott Nutrition www.abbottnutrition.com, 2009

^c 362 mL RCF liquid concentrate + 90.2 mL Microlipid® + 3.5 g Polycose® = 712 kcals at a 4:1 ratio

n/a - not available

Products designed by healthcare professionals

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NUTRITION