

# CHOCOLATE SINGLE MEAL

Food is at the core of how you look, feel and perform. According to nutritional research, you should be eating 30+ nutrients everyday.

Happy Ratio makes eating healthy food an easy daily habit to help you thrive. It is The Daily Meal That Has It All - all the good nutrition without any of the bad allergens.

#### DIRECTIONS FOR MAKING HAPPY RATIO:

Blend the contents of the sachet with 300ml cold water or 300ml cold milk till the mix dissolves, and drink to replace breakfast or lunch or dinner.

#### CHOCOLATE HEALTH DRINK. NOT FOR MEDICINAL USE. KEEP OUT OF REACH OF CHILDREN.

Total saturated fat not more than 2% by weight.  
Total trans fat not more than 0.1% by weight.

This Product is not meant to diagnose, treat, cure or prevent any disease. Pregnant, nursing and lactating women or infants, children, adolescents and elderly, or people with medical conditions should consult a doctor before use.

**STORAGE:** Store in a cool, dry place, away from direct sunlight and moisture.



BATCH NO

MFG DATE  
**BEST BEFORE 12 MONTHS FROM MANUFACTURE.**



M.R.P. ₹ 249

"Happy Ratio" is a trademark of Proven Health Solutions

MARKETED BY: REGD. OFFICE PROVEN HEALTH SOLUTIONS PVT. LTD. W-12/30, LANE-W-120, WESTERN AVENUE, SAINIK FARMS, NEW DELHI - 110062, INDIA.



MANUFACTURED BY: PREMIUM INGREDIENTS FOOD SERVICES INDIA PVT LTD, 300 SOUTH RAAVI ROAD, CHENGAMBAKKAM VILLAGE, SRI CITY, CHITTOOR, ANDHRA PRADESH - 517646



## Nutritional Facts

Serving Size 100g  
Servings Per Pouch 1

| Nutrition / serve          | Quantity per serve* |
|----------------------------|---------------------|
| *approximate values        |                     |
| <b>Total Energy</b>        | 402 Cal             |
| from Carbohydrates         | 172 Cal             |
| from Proteins              | 109 Cal             |
| from Fats                  | 121 Cal             |
| <b>Total Fat</b>           | 13.47g              |
| Saturated Fat              | 1.58g               |
| MUFA min                   | 6.22g               |
| PUFA min                   | 3.28g               |
| Linoleic acid min          | 2.32g               |
| Alpha Linolenic acid min   | 0.96g               |
| <b>Cholesterol</b>         | 0.00                |
| <b>Total Carbohydrate</b>  | 43g                 |
| Sugars (Sucrose)           | 0.00                |
| <b>Total Dietary Fiber</b> | 4.50g               |
| <b>Protein</b>             | 27g                 |

#### VITAMINS QUANTITY PER SERVE:

**25% RDA @** Vitamin A (0.15mg), Vitamin D (0.0025mg), Vitamin E (2.5mg), Vitamin K (0.0138mg), Vitamin C (10mg), Vitamin B1 (0.35mg), Vitamin B2 (0.35mg), Niacin (4.5mg), Vitamin B6 (0.5mg), Folic acid (0.05mg), Pantothenic acid (1.25mg), Biotin (0.0125mg), Vitamin B12 (0.00025mg)

@As per ICMR recommendations for adult men / women

#### MINERALS QUANTITY PER SERVE:

**15% RDA** Sodium (309mg), Potassium (562.5mg)  
**25% RDA** Calcium (150mg), Magnesium (85mg), Iron (5.25mg), Zinc(5mg), Iodine (0.0375mg), Selenium (0.01mg), Manganese (1.25mg), Copper (0.3375mg), Chromium (0.0082mg), Molybdenum (0.125mg), Phosphorus (150mg)

**INGREDIENTS:** Whey protein concentrate, Maltodextrin, Isomaltulose, Edible vegetable oils (High oleic sunflower oil, Sesame oil, Flax seed oil), Fructose, Mineral premix, Cocoa solids, Wheat fiber, Vitamin premix.

**ADDITIVES:** Emulsifiers and Stabilizer INS-466, INS-415, INS-322 and anticaking agent INS-551, Choline.  
CONTAINS ADDED VANILLA & CHOCOLATE FLAVOURS.

WhatsApp us on **+91 8800622497** and get a Coupon Code for your next purchase!

hello@happyratio.com | happyratio.com  
Formulation by Nutrea | Patent Pending

# VANILLA SINGLE MEAL

Food is at the core of how you look, feel and perform. According to nutritional research, you should be eating 30+ nutrients everyday.

Happy Ratio makes eating healthy food an easy daily habit to help you thrive. It is The Daily Meal That Has It All - all the good nutrition without any of the bad allergens.

#### DIRECTIONS FOR MAKING HAPPY RATIO:

Blend the contents of the sachet with 300ml cold water or 300ml cold milk till the mix dissolves, and drink to replace breakfast or lunch or dinner.

#### VANILLA HEALTH DRINK. NOT FOR MEDICINAL USE. KEEP OUT OF REACH OF CHILDREN.

Total saturated fat not more than 2% by weight.  
Total trans fat not more than 0.1% by weight.

This Product is not meant to diagnose, treat, cure or prevent any disease. Pregnant, nursing and lactating women or infants, children, adolescents and elderly, or people with medical conditions should consult a doctor before use.

**STORAGE:** Store in a cool, dry place, away from direct sunlight and moisture.



BATCH NO

MFG DATE  
**BEST BEFORE 12  
MONTHS FROM  
MANUFACTURE.**



M.R.P. ₹ 249

 "Happy Ratio" is a trademark of Proven Health Solutions

**MARKETED BY:** REGD. OFFICE PROVEN HEALTH SOLUTIONS PVT. LTD. W-12/30, LANE-W-120, WESTERN AVENUE, SAINIK FARMS, NEW DELHI - 110062, INDIA.



**MANUFACTURED BY:** PREMIUM INGREDIENTS FOOD SERVICES INDIA PVT LTD, 300 SOUTH RAAVI ROAD, CHENGAMBAKKAM VILLAGE, SRI CITY, CHITTOOR, ANDHRA PRADESH - 517646



## Nutritional Facts

Serving Size 100g  
Servings Per Pouch 1

| Nutrition / serve          | Quantity per serve* |
|----------------------------|---------------------|
| *approximate values        |                     |
| <b>Total Energy</b>        | 401 Cal             |
| from Carbohydrates         | 180 Cal             |
| from Proteins              | 104 Cal             |
| from Fats                  | 117 Cal             |
| <b>Total Fat</b>           | 13g                 |
| Saturated Fat              | 1.29g               |
| MUFA min                   | 6.16g               |
| PUFA min                   | 3.27g               |
| Linoleic acid min          | 2.34g               |
| Alpha Linolenic acid min   | 0.93g               |
| <b>Cholesterol</b>         | 0.00                |
| <b>Total Carbohydrate</b>  | 45g                 |
| Sugars (Sucrose)           | 0.00                |
| <b>Total Dietary Fiber</b> | 4.36g               |
| <b>Protein</b>             | 26g                 |

#### VITAMINS QUANTITY PER SERVE:

**25% RDA @** Vitamin A (0.15mg), Vitamin D (0.0025mg), Vitamin E (2.5mg), Vitamin K (0.0138mg), Vitamin C (10mg), Vitamin B1 (0.35mg), Vitamin B2 (0.35mg), Niacin (4.5mg), Vitamin B6 (0.5mg), Folic acid (0.05mg), Pantothenic acid (1.25mg), Biotin (0.0125mg), Vitamin B12 (0.00025mg)

@As per ICMR recommendations for adult men / women

#### MINERALS QUANTITY PER SERVE:

**15% RDA** Sodium (309mg), Potassium (562.5mg)  
**25% RDA** Calcium (150mg), Magnesium (85mg), Iron (5.25mg), Zinc(3mg), Iodine (0.0375mg), Selenium (0.01mg), Manganese (1.25mg), Copper (0.3375mg), Chromium (0.0082mg), Molybdenum (0.125mg), Phosphorus (150mg)

**INGREDIENTS:** Whey protein concentrate, Maltodextrin, Isomaltulose, Edible vegetable oils (High oleic sunflower oil, Sesame oil, Flax seed oil), Fructose, Mineral premix, Wheat fiber, Vitamin premix.

**ADDITIVES:** Emulsifiers and Stabilizer INS-466, INS-415, INS-322 and anticaking agent INS-551, Choline.  
CONTAINS ADDED VANILLA & MILK FLAVOURS.

WhatsApp us at **+91 8800622497** and get a Coupon Code for your next purchase!

hello@happyratio.com | happyratio.com  
Formulation by Nutrea | Patent Pending