

NATURE WHEY

Chocolate Coffee Flavour

Food supplement. Powder with whey protein, L-glutamine, calcium, guarana and green coffee extract. With sweeteners. Contains caffeine. Not suitable for children and pregnant women. [46 mg of caffeine / 30 g; 92 mg of caffeine / 60 g]. Flavour: Chocolate Coffee.

Ingredients: Whey protein concentrate (51 %), whey protein isolate (32 %), L-glutamine, psyllium husk powder, low-fat cocoa powder (4%), guarana extract, flavouring, green coffee extract, salt, calcium citrate, emulsifier lecithins (sunflower), sweeteners (sucralose, steviol glycosides from stevia). **Gluten-free. Low-Lactose.**

Average nutritional values	per 100 g	per serving [30 g]	% NRV* per serving [30 g]	per 2 servings [60 g]	% NRV* per 2 servings [60 g]
Energy	1540 kJ 364 kcal	462 kJ 109 kcal		924 kJ 219 kcal	
Fat	4,4 g	1,3 g		2,6 g	
of which saturates	2,5 g	0,8 g		1,5 g	
Carbohydrates	4,0 g	1,2 g		2,4 g	
of which sugars	2,9 g	0,9 g		1,7 g	
Fibre	5,9 g	1,8 g		3,5 g	
Protein	74 g	22 g		44 g	
Salt	0,89 g	0,27 g		0,54 g	
Calcium	466 mg	140 mg	17 %	279 mg	35 %
Other substances					
Guarana extract	667 mg	200 mg		400 mg	
of which caffeine	147 mg	44 mg		88 mg	
Green coffee extract	333 mg	100 mg		200 mg	
of which chlorogenic acid	167 mg	50 mg		100 mg	
of which caffeine	7 mg	2 mg		4 mg	
Total caffeine	154 mg	46 mg		92 mg	
Amino acids					
Free L-glutamine	5,0 g	1,5 g		3,0 g	
Total amino acids					
L-Leucine** [BCAA***]	7,1 g	2,1 g		4,2 g	
L-Isoleucine** [BCAA***]	4,3 g	1,3 g		2,6 g	
L-Valine** [BCAA***]	4,0 g	1,2 g		2,4 g	
L-Lysine**	6,2 g	1,9 g		3,7 g	
L-Methionine**	1,4 g	0,4 g		0,8 g	
L-Phenylalanine**	2,1 g	0,6 g		1,2 g	
L-Threonine**	4,5 g	1,4 g		2,7 g	
L-Tryptophan**	1,1 g	0,3 g		0,7 g	
L-Histidine	1,2 g	0,4 g		0,7 g	
L-Arginine	1,7 g	0,5 g		1,0 g	
L-Cysteine	1,5 g	0,5 g		0,9 g	
Glycine	1,2 g	0,4 g		0,7 g	

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L-Alanine	3,4 g	1,0 g		2,0 g	
L-Serine	3,5 g	1,0 g		2,1 g	
L-Proline	3,8 g	1,1 g		2,3 g	
L-Tyrosine	1,9 g	0,6 g		1,2 g	
L-Asparagine+ L-Aspartic acid	7,1 g	2,1 g		4,3 g	
L-Glutamine + L-Glutamic acid	16,7 g	5,0 g		10,0 g	

* Percent of Nutrient Reference Values ** essential amino acids *** BCAA = Branched Chain Amino Acids

Use: For one serving mix 30 g of powder (= 3 level measuring spoons) with 200 ml of water in a shaker for 20 seconds. Take 1-2 servings per day. The use after your training is especially recommended.

Important information: Do not exceed the stated recommended daily dose. Keep out of reach of young children. This product should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Store in a cool and dry place.

Contents: 600 g (= 20 servings)