

MEGA PROTEIN

Coconut Flavour

Protein concentrate [77 %] for the preparation of a shake. With sweeteners.**Ingredients:**

Milk protein, whey protein, wheat starch, thickener: xanthan gum, flavouring, emulsifier: lecithins (sunflower), sweeteners [acesulfame K, cyclamate, saccharin].

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [25g/250 ml of water]	% NRV* per serving [25g/250 ml of water]	per serving [25g/250ml] of milk [1,5 % fat]	% NRV* per serving [25g/250ml] of milk [1,5 % fat]
Energy	1618 kJ 382 kcal		404 kJ 95 kcal		898 kJ 213 kcal	
Fat of which saturates	4,1 g 1,6 g		1,0 g 0,4 g		4,8 g 3,1 g	
carbohydrates of which sugars	8,8 g 3,3 g		2,2 g 0,8 g		14 g 13 g	
Protein	77 g		19 g		28 g	
Salt	0,43 g		0,11 g		0,4 g	
Calcium	880 mg	110 %	220 mg	27 %	515 mg	64 %

*NRV = Nutrient Reference Values

This product does not substitute a balanced and varied diet and a healthy lifestyle.

Use: : For one serving stir 25 g of powder (about 3 heaped tablespoons) into 250 ml of water or low-fat milk [1,5 % fat]. Take 1-2 servings spread over the day. The use after your training is especially recommended.

Amino acids per 100 g of pure protein**

L-Leucine***	10,0 g	L-Tryptophan***	1,5 g	L-Alanine***	3,8 g
L-Isoleucine***	5,6 g	L-Valine***	6,1 g	L-Serine***	5,5 g
L-Lysine***	8,3 g	L-Histidine***	2,4 g	L-Proline***	8,0 g
L-Methionine***	2,4 g	L-Arginine***	3,1 g	L-Tyrosine***	4,3 g
L-Phenylalanine***	4,1 g	L-Cysteine***	1,2 g	L-Asparagine***	8,6 g
L-Threonine***	5,2 g	Glycine***	1,8 g	L-Glutamine***	19,1 g

** based on the preparation with water

*** essential amino acids

Store in a cool and dry place
Contents: 500 g (=20 servings)