

MEGA PROTEIN

Tropical Coconut-Pineapple Flavour

Nutritional Information
(Stand: 24.03.21)

Protein concentrate (71 %) for the preparation of a shake. With sweeteners.

Ingredients: **Milk** protein, **whey** protein, protein enriched **whey** powder, flavouring, acid: citric acid, thickener: xanthan gum, emulsifier: lecithins (sunflower), sweeteners (acesulfame K, cyclamate, saccharin).

Average nutritional values	per 100 g	per serving (25 g/ 250 ml of water)	per serving (25 g/ 250 ml of low-fat milk (1,5 % fat))
Energy	1565 kJ 369 kcal	391 kJ 92 kcal	885 kJ 210 kcal
Fat	3,4 g	0,8 g	4,6 g
of which saturates	2,1 g	0,5 g	3,2 g
Carbohydrates	11 g	2,7 g	15 g
of which sugars	10 g	2,5 g	15 g
Protein	71 g	18 g	26 g
Salt	0,55 g	0,14 g	0,45 g

Amino acids per 100 g of pure protein**

L-Leucine*	9,7 g	L-Arginine	3,2 g
L-Isoleucine*	5,4 g	L-Cysteine	1,3 g
L-Lysine*	8,1 g	Glycine	1,8 g
L-Methionine*	2,5 g	L-Alanine	3,6 g
L-Phenylalanine*	4,2 g	L-Serine	5,3 g
L-Threonine*	5,1 g	L-Proline	8,2 g
L-Tryptophan*	1,4 g	L-Tyrosine	4,4 g
L-Valine *	6,0 g	L-Asparagine + L-Aspartic acid	8,3 g
L-Histidine	2,4 g	L-Glutamine + L-Glutamic acid	19,1 g

* = essential amino acids

** based on the preparation with water

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 1-3 servings spread over the day. The use after your training is especially recommended.

Important information:

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

Store in a cool and dry place

Contents: 975 g (= 39 servings)

Distributed by:

FFB GmbH
Max-Eyth-Str. 39
D-89231 Neu-Ulm
www.energybody.com