

MEGA PROTEIN

Cherry Flavour

Nutritional Information

Protein concentrate (72 %) for the preparation of a shake. With sweeteners.

Ingredients: Milk protein, whey protein (with emulsifier sunflower lecithins), red beet extract, flavour, acidifier citric acid, sour cherry fruit powder (2 %) (maltodextrin, morello cherry juice concentrate (40 %)), thickening agent xanthan gum, sweeteners (acesulfame K, cyclamate, saccharin, sucralose). May contain traces of egg, soy, gluten and lupine.

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	1611 kJ 380 kcal	403 kJ 95 kcal	910 kJ 215 kcal
Fat of which saturates	3,9 g 1,1 g	1,0 g 0,3 g	4,7 g 2,7 g
Carbohydrates of which sugars	12 g 2,3 g	3,0 g 0,6 g	15 g 13 g
Protein	72 g	18 g	27 g
Salt	0,42 g	0,11 g	0,42 g

Amino acids per 100 g of pure protein

L-Leucin(e)*	9,9 g	L-Arginin(e)	2,8 g
L-Isoleucin(e)*	5,7 g	L-Cystein(e)	1,2 g
L-Lysin(e)*	8,4 g	Glycin(e)	1,6 g
L-Methionin(e)*	2,7 g	L-Alanin(e)	3,8 g
L-Phenylalanin(e)*	3,9 g	L-Serin(e)	5,1 g
L-Threonin(e)*	5,1 g	L-Prolin(e)	7,7 g
L-Tryptophan*	1,3 g	L-Tyrosin(e)	4,0 g
L-Valin(e) *	6,3 g	L-Asparagin(e) + L-Asparaginsäure/ L-Aspartic acid	8,5 g
L-Histidin(e)	2,4 g	L-Glutamin(e) + L-Glutaminsäure/ L-Glutamic acid	19,6 g

* = essential amino acids

Use: For one serving stir 25 g of powder 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: 750 g (= 30 servings)