

WHEY PROTEIN

Double Chocolate Flavour

Nutritional Information

Protein concentrate (70 %) based on whey protein for the preparation of a shake. With sweeteners.

Ingredients: **Whey** protein concentrate (83 %) (with emulsifier (sunflower lecithins)), protein enriched **whey** powder (12 %), fat-reduced cocoa powder (8%), flavour, sweeteners (sucralose, steviol glycosides). May contain traces of **egg, gluten, soy** and **lupine**.

Average nutritional values	per 100 g	per serving (30 g/200 ml of water)
Energy	1650 kJ 389 kcal	495 kJ 117 kcal
Fat	5,8 g	1,7 g
of which saturates	2,5 g	0,8 g
Carbohydrates	13 g	3,8 g
of which sugars	12 g	3,6 g
Protein	70 g	21 g
Salt	0,45 g	0,14 g

Amino acids per 100 g of pure protein

L-Leucine* (BCAA)**	11,2 g	L-Arginine	3,0 g
L-Isoleucine* (BCAA)**	5,6 g	L-Cysteine	2,0 g
L-Valine* BCAA**	5,3 g	Glycine	1,8 g
L-Lysine*	9,2 g	L-Alanine	4,5 g
L-Methionine*	2,0 g	L-Serine	5,5 g
L-Phenylalanine*	3,3 g	L-Proline	7,1 g
L-Threonine*	5,4 g	L-Tyrosine	3,2 g
L-Tryptophan*	1,9 g	L-Asparagine+ L-Aspartic acid	10,5 g
L-Histidine	1,9 g	L-Glutamine+ L-Glutamic acid	16,6 g

*= essential amino acids

**= BCAA (Branched Chain Amino Acids)

Use: For one serving mix 30 g of powder with 200 ml of water in a shaker for 20 seconds. Take 1 serving per day before or after your training.

Important information: This product does not replace a balanced and varied diet and a healthy lifestyle.

Store in a cool and dry place.

Contents: 2,25 kg (= 75 servings)