

WHEY PROTEIN

Orange Sunrise Flavour

Nutritional Information

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

Ingredients: **Whey** protein concentrate (87 %) (with emulsifier (sunflower lecithins)), protein enriched **whey** powder (7,4 %), acidifier (citric acid), flavour, sweeteners (sucralose, steviol glycosides), orange fruit powder (0,1 %)(maltodextrin, orange juice powder (40 %), acidifier (citric acid)), colour (beta-carotene). May contain traces of **egg, gluten, soy** and **lupine**.

Average nutritional values	per 100 g	per serving (30 g/200 ml of water)
Energy	1653 kJ 389 kcal	496 kJ 117 kcal
Fett/Fat of which saturates	5,9 g 2,0 g	1,8 g 0,6 g
Carbohydrates of which sugars	9,9 g 8,6 g	3,0 g 2,6 g
Protein	70 g	21 g
Salt	0,41 g	0,12 g

Amino acids per 100 g of pure protein

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

*= essential amino acids

**= BCCA (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)