

WHEY PROTEIN

White Chocolate Flavour

Protein concentrate based on whey protein for preparing a shake. With sweeteners.**Ingredients:**

Whey protein concentrate (83 %), protein enriched whey powder (14 %), flavouring, emulsifier: lecithins (sunflower), sweeteners (sucralose, steviol glycosides from stevia), colour beta-carotene.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [30 g/200 ml of water]	% NRV* per serving [30 g/200ml of water]
Energy	1628 kJ 385 kcal		488 kJ 115 kcal	
Fat of which saturates	6,2 g 3,5 g		1,9 g 1,1 g	
Carbohydrates of which sugars	13 g 12 g		4,0 g 3,6 g	
Protein	69 g		21 g	
Salt	0,92 g		0,28 g	
Calcium	525 mg	66 %	157 mg	20 %

*NRV = Nutrient Reference Values

Amino acids per 100 g of pure protein

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

** essential amino acids

*** BCCA = Branched Chain Amino Acids

Use: : For one serving mix 30 g of powder (= 3 level measuring spoons) with 200 ml of water in a shaker for 20 seconds. Take 1-2 servings per day. The use after your training is especially recommended.

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

Store in a cool and dry place
Contents: 600 g (=20 servings)