

## XXL WHEY PLUS

Schoko Flavour

### Nutritional Information

**Food supplement. Powder with whey protein concentrate, free L-arginine and L-glutamine. With sweetener.**

Ingredients: **Whey** protein concentrate (83 %) (with emulsifier sunflower lecithins), fat-reduced cocoa powder, L-glutamine (5,3 %), L-arginine hydrochloride (4,7 %, of which 83 % L-arginine), flavour, sweetener steviol glycosides. May contain traces of **egg, soy, gluten** and **lupine**.

Average nutritional values	per 100 g	per serving (30 g)
Energy	1692 kJ 400 kcal	508 kJ 120 kcal
Fat	6,5 g	2,0 g
of which saturates	3,7 g	1,1 g
Carbohydrates	5,5 g	1,7 g
of which sugars	4,6 g	1,4 g
Protein	80 g	24 g
Salt	0,71 g	0,21 g
<b>Other substances</b>		
<b>Free amino acids</b>		
L-Glutamin(e)	5,3 g	1,6 g
L-Arginin(e)	3,9 g	1,2 g
<b>Total amino acids</b>		
L-Leucine* (BCAA)**	7,2 g	2,2 g
L-Isoleucine*(BCAA)**	3,9 g	1,2 g
L-Valine* (BCAA)**	3,7 g	1,1 g
L-Lysine*	5,9 g	1,8 g
L-Methionine*	1,3 g	0,4 g
L-Phenylalanine*	2,2 g	0,7 g
L-Threonine*	4,2 g	1,3 g
L-Tryptophan*	1,2 g	0,4 g
L-Histidine	1,3 g	0,4 g
L-Arginine	5,8 g	1,7 g
L-Cysteine	1,4 g	0,4 g
Glycine	1,2 g	0,4 g
L-Alanine	3,2 g	1,0 g
L-Serine	3,4 g	1,0 g
L-Proline	3,5 g	1,1 g
L-Tyrosine	2,0 g	0,6 g
L-Asparagine+ L-Aspartic acid	7,0 g	2,1 g
L-Glutamine + L-Glutamic acid	16,4 g	4,9 g

\* = essential amino acids

\*\* =BCCA =Branched Chain Amino Acids

**Use:** For 1 serving mix 30 g of powder (= 3 level measuring spoons) with 200 ml of water in a shaker for 20 seconds. Take 1 serving per day after your training or during the day.

**Important information:**

Do not exceed the stated recommended daily dose. Keep out of reach of young children. This product should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.