

WHEY PROTEIN

Piña Colada Flavour

Nutritional Information

Protein-rich powder (73 %) based on whey protein for the preparation of a shake. With sweeteners.

Ingredients: **Whey** protein concentrate (95 %) (with emulsifier: lecithins (sunflower)), flavouring, choline bitartrate (1,2 %), acid: citric acid, sweeteners (sucralose, steviol glycosides).

Average nutritional values	per 100 g	per serving (40 g/ 300 ml of water)
Energy	1637 kJ 387 kcal	655 kJ 155 kcal
Fat	6,6 g	2,7 g
of which saturated fatty acids	3,7 g	1,5 g
Carbohydrates	7,5 g	3,0 g
of which sugars	7,0 g	2,8 g
Protein	73 g	29 g
Salt	0,73 g	0,29 g

Amino acids per 100 g of pure protein

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

*= essential amino acids

Use: For one serving fill up your shaker with 300 ml of cold water first, then add 40 g of powder (= 4 level measuring spoons). Shake well. Take 1 serving per day after your workout.

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 (= 15 servings)