

MEGA PROTEIN

Vanilla Flavour

Protein concentrate for preparing a shake. With sweeteners. Flavour: Vanilla.
Ingredients:

Calcium **caseinate** [46 %], **whey** protein concentrate [46 %], **wheat** starch, thickener xanthan gum, flavouring, emulsifier lecithins [sunflower]¹, sweeteners [acesulfame K, cyclamate, saccharin, sucralose], colour beta carotene.

¹**Allergen Information:** Temporary replacement of „lecithins [sunflower]“ by „lecithins [**soy**]“.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [25g/250 ml of water]	% NRV* per serving [25g/250 ml of water]	per serving [25g/250ml of milk (1,5 % fat)]	% NRV* per serving [25g/250ml of milk (1,5 % fat)]
Energy	1617 kJ 382 kcal		404 kJ 95 kcal		898 kJ 213 kcal	
Fat	4,1 g		1,0 g		4,8 g	
of which saturates	1,6 g		0,4 g		3,1 g	
Carbohydrates	8,7 g		2,2 g		14 g	
of which sugars	2,9 g		0,7 g		13 g	
Protein	77 g		19 g		28 g	
Salt	0,44 g		0,11 g		0,40 g	
Calcium	881 mg	110 %	220 mg	28 %	515 mg	64 %

*NRV = Nutrient Reference Values

Use: : For one serving stir 25 g of powder (1 bag) into 250 ml of water or low-fat milk (1,5 % fat). Take 1-2 servings per day. The use after your training is especially recommended.

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

Amino acids per 100 g of pure protein**

L-Leucine***	10,0 g
L-Isoleucine***	5,6 g
L-Lysine***	8,3 g
L-Methionine***	2,4 g
L-Phenylalanine***	4,1 g
L-Threonine***	5,2 g

L-Tryptophan***	1,5 g
L-Valine***	6,1 g
L-Histidine	2,4 g
L-Arginine	3,1 g
L-Cysteine	1,2 g
Glycine	1,8 g

L-Alanine	3,8 g
L-Serine	5,5 g
L-Proline	8,0 g
L-Tyrosine	4,3 g
L-Asparagine + L-Aspartic acid	8,6 g
L-Glutamine + L-Glutamic acid	19,1 g

** based on the preparation with water

*** essential amino acids

Store in a cool and dry place.

Contents: 25 g (=1 serving)