

MEGA PROTEIN

Oatmeal Cinnamon Flavour

Protein concentrate [75 %] for the preparation of a shake. With sweeteners.

Ingredients:

Milk protein, whey protein, oatmeal [5%], cinnamon [2,5%], thickening agent: xanthan gum, emulsifier: lecithins [sunflower], sweeteners [acesulfame K, cyclamate, saccharin].

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 96 kcal		899 kJ 213 kcal	
Fat of which saturates	4,3 g 1,6 g		1,1 g 0,4 g		4,8 g 3,1 g	
carbohydrates of which sugars	10 g 3,7 g		2,6 g 0,9 g		15 g 13 g	
Protein	75 g		19 g		27 g	
Salt	0,41 g		0,1 g		0,4 g	
Calcium	852 mg	106 %	213 mg	27 %	508 mg	63 %

*NRV = Nutrient Reference Values

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

Use: : For one serving stir 25 g of powder [about 3 heaped tablespoons] into 250 ml of water or low-fat milk [1,5 % fat]. Take 1-2 servings spread over the day. The use after your training is especially recommended.

Amino acids per 100 g of pure protein**

L-Leucine***	9,9 g	L-Tryptophan***	1,5 g	L-Alanine***	3,8 g
L-Isoleucine***	5,6 g	L-Valine***	6,1 g	L-Serine***	5,5 g
L-Lysine***	8,3 g	L-Histidine***	2,4 g	L-Proline***	7,9 g
L-Methionine***	2,4 g	L-Arginine***	3,2 g	L-Tyrosine***	4,3 g
L-Phenylalanine***	4,1 g	L-Cysteine***	1,2 g	L-Asparagine***	8,6 g
L-Threonine***	5,2 g	Glycine***	1,8 g	L-Glutamine***	19,1 g

** based on the preparation with water

*** essential amino acids

Store in a cool and dry place
Contents: 500 g (=20 servings)