

MEGA PROTEIN

Curd Lemon Flavour

Nutritional Information

Protein concentrate (77 %) for the preparation of a shake. With sweeteners.

Ingredients: **Milk** protein, **whey** protein (with emulsifier: lecithins (sunflower)), flavouring, thickener: xanthan gum, **wheat** starch, sweeteners (acesulfame K, cyclamate, saccharin), natural flavouring, **curd** powder.

Average nutritional values	per 100 g	per serving (25 g/ 250 ml of water)	per serving (25 g/ 250 ml of low-fat milk (1,5 % fat))
Energy	1599 kJ 377 kcal	400 kJ 94 kcal	893 kJ 212 kcal
Fat	4,2 g	1,0 g	4,8 g
of which saturates	1,7 g	0,4 g	3,1 g
Carbohydrates	7,7 g	1,9 g	14 g
of which sugars	2,6 g	0,6 g	13 g
Protein	77 g	19 g	28 g
Salt	0,46 g	0,11 g	0,41 g

Amino acids per 100 g of pure protein**

L-Leucine*	9,9 g	L-Arginine	3,1 g
L-Isoleucine*	5,6 g	L-Cysteine	1,2 g
L-Lysine*	8,3 g	Glycine	1,8 g
L-Methionine*	2,4 g	L-Alanine	3,8 g
L-Phenylalanine*	4,1 g	L-Serine	5,5 g
L-Threonine*	5,2 g	L-Proline	8,0 g
L-Tryptophan*	1,5 g	L-Tyrosine	4,3 g
L-Valine*	6,1 g	L-Asparagine + L-Aspartic acid	8,5 g
L-Histidine	2,4 g	L-Glutamine + L-Glutamic acid	19,1 g

* = essential amino acids

** based on the preparation with water

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 1-3 servings spread over the 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.

Store in a cool and dry place.

Contents: 3000 g (5 pouches à 600 g) (= 120 servings)