

KET'ONE SHAKE

Coconut Flavour

Food supplement with medium chain triglycerides (MCT), whey protein, L-leucine and vitamins. With sweetener. Powder for preparing with water. Flavour: Coconut.

Ingredients: MCT* fat powder (MCT* from coconut oil, acacia fiber), 30 % **whey** protein isolate (with emulsifier lecithins (**soy**)), L-leucine, flavouring, thickeners (gum arabic, xanthan gum), sweetener sucralose, salt, vitamin B2, vitamin B6, Vitamin B12. **Lactose-free. Gluten-free.** * MCT= Medium chain triglycerides.

Average content	per daily serving [40 g]	% NRV** per daily serving [40 g]
Riboflavin (= Vitamin B2)	1,4 mg	100 %
Vitamin B6	1,4 mg	100 %
Vitamin B12	3,1 µg	125 %
Medium chain triglycerides (MCT)	16,5 g	***
Total L-leucine	4,0 g	***
of which free form	3,0 g	***

** Nutrient Reference Values. *** No recommendation available.

Average nutritional values	per 100 g	per daily serving [40 g]
Energy	2242 kJ 542 kcal	897 kJ 217 kcal
Fat	42 g	17 g
of which saturates	42 g	17 g
Carbohydrates	1,3 g	0,5 g
of which sugar	1,1 g	<0,5 g
Fibre	16 g	6,2 g
Protein	31 g	13 g
Salt	0,41 g	0,16 g

Use: For one serving mix 20 g of powder (1 sachet) with 150 ml of water in a shaker for 20 seconds. Take 1 serving per day in the morning after getting up and 1 serving in the afternoon between your meals.

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

Protein contributes to the maintenance and growth of muscle mass.

Store in a cool and dry place.

Contents: 20 g (=1 serving)