

NATURE WHEY

Blueberry Flavour

Food supplement. Powder with whey protein, L-glutamine and calcium. With sweeteners. Flavour: Blueberry.

Ingredients: **Whey** protein concentrate [51 %], **whey** protein isolate [33 %], L-glutamine, psyllium husk powder, acid citric acid, dried blueberry pieces [2 %], flavouring, colour anthocyanins, calcium citrate, sweeteners [sucralose, steviol glycosides from stevia], emulsifier lecithins (sunflower¹). **Allergen Information:** Temporary replacement of „lecithins (sunflower)“ by „lecithins [**soy**]“.

Average nutritional values	per 100 g	per serving [30 g]	% NRV* per serving [30 g]	per 2 servings [60 g]	% NRV* per 2 servings [60 g]
Energy	1561 kJ 369 kcal	468 kJ 111 kcal		937 kJ 221 kcal	
Fat	4,1 g	1,2 g		2,4 g	
of which saturates	2,3 g	0,7 g		1,4 g	
Carbohydrates	5,1 g	1,5 g		3,1 g	
of which sugars	4,1 g	1,2 g		2,4 g	
Protein	74 g	22 g		44 g	
Salt	0,52 g	0,16 g		0,31 g	
Calcium	460 mg	138 mg	17 %	276 mg	35 %
Other substances					
Amino acids					
Free L-Glutamine	5,0 g	1,5 g		3,0 g	
Total amino acids					
L-Leucine** [BCAA***]	7,1 g	2,1 g		4,3 g	
L-Isoleucine** [BCAA***]	4,4 g	1,3 g		2,6 g	
L-Valine** [BCAA***]	4,0 g	1,2 g		2,4 g	
L-Lysine**	6,3 g	1,9 g		3,8 g	
L-Methionine**	1,4 g	0,4 g		0,9 g	
L-Phenylalanine**	2,1 g	0,6 g		1,2 g	
L-Threonine**	4,5 g	1,4 g		2,7 g	
L-Tryptophan**	1,2 g	0,3 g		0,7 g	
L-Histidine	1,2 g	0,4 g		0,7 g	
L-Arginine	1,7 g	0,5 g		1,0 g	
L-Cysteine	1,5 g	0,5 g		0,9 g	
Glycine	1,1 g	0,3 g		0,7 g	
L-Alanine	3,4 g	1,0 g		2,0 g	
L-Serine	3,4 g	1,0 g		2,1 g	
L-Proline	3,8 g	1,2 g		2,3 g	
L-Tyrosine	1,9 g	0,6 g		1,2 g	
L-Asparagine + L-Aspartic acid	7,1 g	2,1 g		4,3 g	
L-Glutamine + L-Glutamic acid	16,7 g	5,0 g		10,0 g	

* NRV = Nutrient Reference Values ** = essential amino acids *** BCAA = Branched Chain Amino Acids

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Use: For one serving mix 30 g of powder (= 3 level measuring spoons) with 200 ml of water in a shaker for 20 seconds. Take 1-2 servings per day. The use after your training is especially recommended.

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

Store in a cool and dry place.

Contents: 600 g (=20 servings)