



DAILY GLOW PROTEIN

Almond Coconut Flavour

Nutritional Information

Protein concentrate (75 %) with magnesium and 10 vitamins for the preparation of a shake. With sweeteners.

Ingredients: Milk protein (65,6 %), **whey** protein (contains emulsifier sunflower lecithins) (10,0 %), **soy** protein isolate (7,0 %), coconut rasps (6,7 %), **egg** protein powder (3,3 %), flavour, thickening agent xanthan gum, magnesium carbonate , L-carnitine (1,0 %), vitamin C, niacin, vitamin E, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, folic acid, biotin, vitamin B12, sweeteners (cyclamate, saccharin, acesulfame K). May contain traces of **gluten** and **lupine**.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving with water 30 g, 300 ml	% NRV* per serving with water 30 g, 300 ml	per serving with low-fat milk (1,5 % fat) 30 g, 300 ml	% NRV* per serving with low-fat milk (1,5 % fat) 30 g, 300 ml
Energy	1560 kJ 369 kcal		468 kJ 111 kcal		1077 kJ 255 kcal	
Fat	5,9 g		1,8 g		6,3 g	
of which saturates	4,7 g		1,4 g		4,3 g	
Carbohydrates	3,5 g		1,1 g		16 g	
of which sugars	1,2 g		<0,5 g		15 g	
Protein	75 g		22g		33 g	
Salt	0,56 g		0,17 g		0,54 g	
Vitamins						
Vitamin C	268 mg	335 %	80 mg	101 %	83 mg	104 %
Niacin	53 mg	334 %	16 mg	101 %	16 mg	102 %
Vitamin E	40 mg	333 %	12 mg	100 %	12 mg	101 %
Pantothenic acid	20 mg	335 %	6,0 mg	101 %	7,1 mg	118 %
Vitamin B6	4,7 mg	334 %	1,4 mg	100%	1,6 mg	111 %
Riboflavin (=Vitamin B2)	4,7 mg	338 %	1,4 mg	101 %	1,9 mg	140 %
Thiamine(=Vitamin B1)	3,7 mg	335 %	1,1 mg	101 %	1,2 mg	112 %
Folic acid	681 µg	340 %	204 µg	102 %	219 µg	110 %
Biotin	167 µg	333 %	50 µg	100 %	60 µg	121 %
Vitamin B 12	8,3 µg	333 %	2,5 µg	100 %	4,0 µg	160 %
Minerals						
Magnesium	318 mg	85 %	95,4 mg	26 %	131 mg	35 %
Calcium	997 mg	125 %	299 mg	38 %	659 mg	83 %

* Percent of Nutrient Reference Values

Use: For 1 serving fill up your shaker with 300 ml of water or low-fat milk (3,5 % fat) first, then add 30 g (= 3 measuring spoons) of powder. Shake well and enjoy! Take 1 serving per day after your workout.

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

Store in a cool and dry place

Contents: 420 g (=14 servings)

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