

MEGA PROTEIN

Stracciatella Flavour

Protein concentrate for preparing a shake. With sweeteners. Flavour: Stracciatella.
Ingredients:

Calcium **caseinate** (45 %), **whey** protein concentrate (45 %), flavouring, **wheat** starch, chocolate chips (1,5 %) (sugar, cocoa mass, cocoa butter, emulsifier lecithins (**soy**), thickener xanthan gum, emulsifier lecithins (sunflower¹), sweeteners (acesulfame K, cyclamate, saccharin). **Allergen Information:** Temporary replacement of „lecithins (sunflower)“ by „lecithins (**soy**)“.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [25 g/250ml of water]	% NRV* per serving [25g/250 ml of water]	per serving [25g/250ml of milk [1,5 % Fett]]	% NRV* per serving [25g/250ml of milk [1,5 % fat]]
Energy	1623 kJ 383 kcal		406 kJ 96 kcal		900 kJ 213 kcal	
Fat	4,4 g		1,1 g		4,8 g	
of which saturates	1,8 g		0,5 g		3,1 g	
Carbohydrates	10 g		2,6 g		15 g	
of which sugars	5,7 g		1,4 g		13 g	
Protein	75 g		19 g		27 g	
Salt	0,42 g		0,10 g		0,40 g	
Calcium	860 mg	107 %	215 mg	27 %	510 mg	64 %

*Percent of Nutrient Reference Values

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 per 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.

Protein contributes to a growth in muscle mass and to the maintenance of muscle mass.

Amino acids per 100 g of pure protein**

L-Leucine***	9,9 g
L-Isoleucine***	5,6 g
L-Lysine***	8,3 g
L-Methionine***	2,4 g
L-Phenylalanine***	4,1 g
L-Threonine***	5,2 g

L-Tryptophan***	1,5 g
L-Valine***	6,1 g
L-Histidine	2,4 g
L-Arginine	3,1 g
L-Cysteine	1,2 g
Glycine	1,8 g

L-Alanine	3,8 g
L-Serine	5,5 g
L-Proline	8,0 g
L-Tyrosine	4,3 g
L-Asparagine + L-Aspartic acid	8,5 g
L-Glutamine + L-Glutamic acid	19,1 g

** based on the preparation with water

*** essential amino acids

Store in a cool and dry place.

Contents: 500 g (= 20 servings)