

MEGA PROTEIN H2O

Strawberry Flavour

Protein concentrate for preparing a shake. With sweeteners. Flavour: Strawberry.

Ingredients: Milk protein [60 %]^{1,2}, whole milk powder [14 %]^{1,2}, whey protein isolate [14 %]², thickener conjac, psyllium husk powder, natural flavouring, colouring food red beet juice powder, acid citric acid, emulsifiers [lecithins (sunflower), lecithins (soy)], sweeteners [acesulfame K, sucralose, cyclamate, saccharin], strawberry fruit powder [0,1 %] (strawberries [0,05 %], maltodextrin, acidity regulator citric acid). **Gluten-free.**

¹of which totally 45,3 % casein ²of which totally 19,7 % whey protein

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [30 g/250 ml of water]	% NRV* per serving [30 g/250 ml of water]
Energy	1522 kJ 360 kcal		457 kJ 108 kcal	
Fat of which saturates	4,8 g 2,9 g		1,4 g 0,9 g	
Carbohydrates of which sugars	11 g 7,9 g		3,1 g 2,4 g	
Protein	65 g		20 g	
Salt	0,40 g		0,12 g	
Calcium	1406 mg	176 %	422 mg	53 %

* Percent of Nutrient Reference Values

Use: For one serving mix 30 g of powder (= 2 heaped measuring spoons) with 250 ml of water. 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.

Amino acids per 100 g of pure protein

L-Leucine**	9,5 g
L-Isoleucine**	5,2 g
L-Lysine**	8,0 g
L-Methionine**	2,7 g
L-Phenylalanine**	4,4 g
L-Threonine**	4,5 g

** essential amino acids

L-Tryptophan**	1,4 g
L-Valine**	6,0 g
L-Histidine	2,9 g
L-Arginine	3,4 g
L-Cysteine	1,0 g
Glycine	1,8 g

L-Alanine	3,4 g
L-Serine	5,0 g
L-Proline	8,9 g
L-Tyrosine	4,6 g
L-Asparagine + L-Aspartic acid	7,8 g
L-Glutamin + L-Glutamic acid	19,7 g

Store in a cool and dry place.

Contents: 900 g (=30 servings)