

MEGA PROTEIN

Strawberry Yoghurt Flavour

Protein concentrate (70 %) for the preparation of a shake. With sweeteners.

Ingredients:

Milk protein, whey protein, flavouring, wheat starch, dried strawberry pieces (3%), colouring food: red beet juice powder, thickener: xanthan gum, acid: citric acid, yoghurt powder, [with emulsifier: lecithins (sunflower)], sweeteners [acesulfame K, cyclamate, saccharin], strawberry fruit powder (strawberries, maltodextrin, acidity regulator: citric acid).

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [25g/250 ml of water]	% NRV* per serving [25g/250 ml of water]	per serving [25g/250ml] of milk (1,5 % fat)	% NRV* per serving [25g/250ml] of milk (1,5 % fat)
Energy	1596 kJ 377 kcal		399 kJ 94 kcal		893 kJ 211 kcal	
Fat of which saturates	3,8 g 1,5 g		1,0 g 0,4 g		4,7 g 3,1 g	
carbohydrates of which sugars	14 g 7,2 g		3,5 g 1,8 g		16 g 14 g	
Protein	70 g		18 g		26 g	
Salt	0,4 g		0,1 g		0,39 g	
Calcium	793 mg	99 %	198 mg	25 %	493 mg	62 %

*NRV = Nutrient Reference Values

This product does not substitute a balanced and varied diet and a healthy lifestyle.

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 spread over the day. The use after your training is especially recommended.

Amino acids per 100 g of pure protein**

L-Leucine***	9,9 g	L-Tryptophan***	1,5 g	L-Alanine***	3,8 g
L-Isoleucine***	5,5 g	L-Valine***	6,1 g	L-Serine***	5,5 g
L-Lysine***	8,2 g	L-Histidine***	2,4 g	L-Proline***	7,9 g
L-Methionine***	2,4 g	L-Arginine***	3,1 g	L-Tyrosine***	4,2 g
L-Phenylalanine***	4,1 g	L-Cysteine***	1,2 g	L-Asparagine***	8,5 g
L-Threonine***	5,1 g	Glycine***	1,8 g	L-Glutamine***	18,9 g

** based on the preparation with water

*** essential amino acids

Store in a cool and dry place
Contents: 500 g (=20 servings)