

MEGA PROTEIN H2O

Curd Lemon Flavour

Protein concentrate for preparing a shake. With sweeteners. Flavour: Curd Lemon.

Ingredients: Milk protein [61 %]^{1,2}, whole milk powder [16 %]^{1,2}, whey protein isolate [14 %]², thickener conjac, psyllium husk powder, flavouring, emulsifiers (lecithins (sunflower), lecithins (soy)), sweeteners (acesulfame K, sucralose, cyclamate, saccharin), curd powder [0,1%]. **Gluten-free.**

¹of which totally 45,7 % casein ²of which totally 19,8 % 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	1515 kJ 359 kcal		454 kJ 108 kcal	
Fat of which saturates	5,3 g 3,2 g		1,6 g 1,0 g	
Carbohydrates of which sugars	9,0 g 8,0 g		2,7 g 2,4 g	
Protein	66 g		20 g	
Salt	0,45 g		0,13 g	
Calcium	1427 mg	178 %	428 mg	54 %

* 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

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

** essential amino acids

Store in a cool and dry place.

Contents: 900 g (=30 servings)