

ENERGYBODY SYSTEMS

MEGA PROTEIN H2O

Quark-Lemon Flavour

Calcium contributes to normal energy-yielding metabolism.

Protein concentrate for the preparation of a shake. With sweeteners. Flavour: quark-lemon.

Ingredients: milk protein (61 %) ^{1,2}, whole milk powder (16 %) ^{1,2}, whey protein isolate (14 %) ², thickener konjac, psyllium husk powder, flavouring, emulsifiers (lecithins (sunflower), lecithins (soy)), sweeteners (acesulfame K, sucralose, cyclamate, saccharin), quark powder (0.1 %). Gluten-free.

Allergens: MILK, SOY.

¹ thereof total 45.7 % casein ² thereof total 19.8 % whey protein

Average nutritional values	per 100 g	% NRV* per 100 g	per serving (30 g/250 ml water)	% NRV* per serving
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	
Carbohydrate 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 %

*Percentage of the nutrient reference values for daily intake (= NRV)

Recommended use: Mix 30 g powder (= 2 heaped measuring spoons) with 250 ml water per serving. Take 1-2 servings per day. Especially recommended after training.

Important note: This product is not a substitute for a balanced and varied diet and a healthy lifestyle.

Amino acids per 100 g pure protein*			
L-Leucine**	9.5 g	L-Tryptophan**	1.4 g
L-Alanine	3.4 g	L-Isoleucine**	5.2 g
L-Valine**	6.0 g	L-Serine	5.0 g
L-Lysine**	8.0 g	L-Histidine	2.9 g
L-Proline	8.9 g	L-Methionine**	2.7 g
L-Arginine	3.4 g	L-Tyrosine	4.6 g
L-Phenylalanine**	4.4 g	L-Cysteine	1.0 g
L-Asparagine + L-Aspartic acid	7.8 g	L-Threonine**	4.5 g
Glycine	1.8 g	L-Glutamine + L-Glutamic acid	19.7 g

** essential amino acids

Store in a cool and dry place.

Content: 2.4 kg (= 80 servings, equals 4 x 600 g bags)

Version date: 01.07.2026

Distributed by: FFB GmbH, Söflinger Straße 100, 89077 Ulm, Germany, www.energybody.com