



## DAILY GLOW PROTEIN

Strawberry Rhubarb Flavour

### Nutritional Information

**Protein concentrate (78 %) with magnesium and 10 vitamins for the preparation of a shake. With sweeteners.**

**Ingredients:** Milk protein (73,9 %), **whey** protein (contains emulsifier sunflower lecithins) (5,9 %), **soy** protein isolate (5,9 %), **egg** protein powder (3,3 %), flavour, acidifier citric acid, magnesium carbonate, L-carnitine (1,0 %), thickening agent xanthan gum, vitamin C, strawberry fruit powder (strawberry fruit dry matter (50 %), maltodextrin, acidity regulator citric acid) (0,1 %), rhubarb fruit powder (rhubarb fruit dry matter (33 %), corn starch, emulsifier sunflower lecithins) (0,1 %), niacin, vitamin E, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, folic acid, biotin, vitamin B12, colouring food red beet juice powder, sweeteners (cyclamate, saccharin, acesulfame K). May contain traces of **gluten** and **lupine**.

| Average nutritional values | per 100 g           | % NRV* per 100 g | per serving with water 30 g, 300 ml | % NRV* per serving with water 30 g, 300 ml | per serving with low-fat milk (1,5 % fat) 30 g, 300 ml | % NRV* per serving with low-fat milk (1,5 % fat) 30 g, 300 ml |
|----------------------------|---------------------|------------------|-------------------------------------|--------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------|
| Energy                     | 1491 kJ<br>352 kcal |                  | 447 kJ<br>106 kcal                  |                                            | 1056 kJ<br>250 kcal                                    |                                                               |
| Fat                        | 1,5 g               |                  | 0,5 g                               |                                            | 5,0 g                                                  |                                                               |
| of which saturates         | 0,9 g               |                  | 0,3 g                               |                                            | 3,2 g                                                  |                                                               |
| Carbohydrates              | 4,3 g               |                  | 1,3g                                |                                            | 16 g                                                   |                                                               |
| of which sugars            | 0,6 g               |                  | <0,5 g                              |                                            | 15 g                                                   |                                                               |
| Protein                    | 78 g                |                  | 23 g                                |                                            | 34 g                                                   |                                                               |
| Salt                       | 0,50 g              |                  | 0,15 g                              |                                            | 0,52 g                                                 |                                                               |
| <b>Vitamins</b>            |                     |                  |                                     |                                            |                                                        |                                                               |
| Vitamin C                  | 268 mg              | 335 %            | 80 mg                               | 101 %                                      | 83 mg                                                  | 104 %                                                         |
| Niacin                     | 53 mg               | 333 %            | 16 mg                               | 100 %                                      | 16 mg                                                  | 102 %                                                         |
| Vitamin E                  | 40 mg               | 333 %            | 12 mg                               | 100 %                                      | 12 mg                                                  | 101 %                                                         |
| Pantothenic acid           | 20 mg               | 334 %            | 6,0 mg                              | 100 %                                      | 7,1 mg                                                 | 118 %                                                         |
| Vitamin B6                 | 4,7 mg              | 333 %            | 1,4 mg                              | 100 %                                      | 1,6 mg                                                 | 111 %                                                         |
| Riboflavin (=Vitamin B2)   | 4,7 mg              | 336 %            | 1,4 mg                              | 101 %                                      | 1,9 mg                                                 | 140 %                                                         |
| Thiamine (=Vitamin B1)     | 3,7 mg              | 335 %            | 1,1 mg                              | 101 %                                      | 1,2 mg                                                 | 112 %                                                         |
| Folic acid                 | 678 µg              | 339 %            | 203 µg                              | 102 %                                      | 219 µg                                                 | 109 %                                                         |
| Biotin                     | 167 µg              | 333 %            | 50 µg                               | 100 %                                      | 60 µg                                                  | 121 %                                                         |
| Vitamin B 12               | 8,3 µg              | 333 %            | 2,5 µg                              | 100 %                                      | 4,0 µg                                                 | 160 %                                                         |
| <b>Minerals</b>            |                     |                  |                                     |                                            |                                                        |                                                               |
| Magnesium                  | 309 mg              | 82 %             | 92,6 mg                             | 25 %                                       | 132 mg                                                 | 35 %                                                          |
| Calcium                    | 1084 mg             | 136 %            | 325 mg                              | 41 %                                       | 681 mg                                                 | 85 %                                                          |

\* Percent of Nutrient Reference Values

**Use:** For 1 serving fill up your shaker with 300 ml of water or low-fat milk (3,5 % fat) first, then add 30 g (= 3 measuring spoons) of powder. Shake well and enjoy! Take 1 serving per day after your workout.

**Important information:** This product does not replace a balanced and varied diet and a healthy lifestyle.

**Store in a cool and dry place**

**Contents: 420 g (=14 servings)**