



DAILY GLOW PROTEIN

Yoghurt Berry Chocolate Flavour

Nutritional Information

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

Ingredients: Milk protein (72,3 %), **whey** protein (contains emulsifier sunflower lecithins) (6,6 %), **soy** protein isolate (6,4 %), **egg** protein powder (3,3 %), flavour, fat-reduced cocoa powder (2,3 %), acidifier citric acid, magnesium carbonate, L-carnitine (1,0 %), colouring food red beet juice powder, thickening agent xanthan gum, vitamin C, niacin, vitamin E, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, folic acid, biotin, vitamin B12, 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	1489 kJ 352 kcal		447 kJ 106 kcal		1056 kJ 250 kcal	
Fat	1,8 g		0,5 g		5,0 g	
of which saturates	1,1 g		0,3 g		3,2 g	
Carbohydrates	3,9 g		1,2 g		16 g	
of which sugars	0,7 g		<0,5 g		15 g	
Protein	78 g		23 g		34 g	
Salt	0,53 g		0,16 g		0,53 g	
Vitamins						
Vitamin C	268 mg	335 %	80 mg	101 %	83 mg	104 %
Niacin	54 mg	335 %	16 mg	101 %	16 mg	102 %
Vitamin E	40 mg	334 %	12 mg	100 %	12 mg	101 %
Pantothenic acid	20 mg	335 %	6,0 mg	101 %	7,1 mg	118 %
Vitamin B6	4,7 mg	334 %	1,4 mg	100 %	1,6 mg	111 %
Riboflavin (=Vitamin B2)	4,7 mg	337 %	1,4 mg	101 %	1,9 mg	140 %
Thiamin (=Vitamin B1)	3,7 mg	335 %	1,1 mg	101 %	1,2 mg	112 %
Folic acid	680 µg	340 %	204 µg	102 %	219 µg	109 %
Biotin	167 µg	333 %	50 µg	100 %	60µg	121 %
Vitamin B 12	8,3 µg	333 %	2,5 µg	100 %	4,0 µg	160 %
Minerals						
Magnesium	321 mg	86 %	96,3 mg	26 %	132 mg	35 %
Calcium	1070 mg	134 %	321 mg	40 %	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)

pretty woman® · FFB GmbH · Max-Eyth-Straße 39 · 89231 Neu-Ulm · www.my-prettywoman.de