

# MEGA PROTEIN

Banana Flavour

**Protein concentrate [77 %] for the preparation of a shake. With sweeteners.****Ingredients:**

Milk protein, whey protein, wheat starch, flavouring, thickener: xanthan gum, emulsifier: lecithins (sunflower), sweeteners (acesulfame K, cyclamate, saccharin), acid: citric acid, banana powder, colour: beta-carotene.

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]
<b>Energy</b>	1614 kJ 381 kcal		403 kJ 95 kcal		897 kJ 213 kcal	
<b>Fat of which saturates</b>	4,1 g 1,6 g		1,0 g 0,4 g		4,8 g 3,1 g	
<b>carbohydrates of which sugars</b>	8,4 g 2,6 g		2,1 g 0,6 g		14 g 13 g	
<b>Protein</b>	77 g		19 g		28 g	
<b>Salt</b>	0,43 g		0,11 g		0,4 g	
<b>Calcium</b>	880 mg	110 %	220 mg	27 %	515 mg	64 %

\*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***	10,0 g	L-Tryptophan***	1,5 g	L-Alanine***	3,8 g
L-Isoleucine***	5,6 g	L-Valine***	6,1 g	L-Serine***	5,5 g
L-Lysine***	8,3 g	L-Histidine***	2,4 g	L-Proline***	8,0 g
L-Methionine***	2,4 g	L-Arginine***	3,1 g	L-Tyrosine***	4,3 g
L-Phenylalanine***	4,1 g	L-Cysteine***	1,2 g	L-Asparagine***	8,5 g
L-Threonine***	5,2 g	Glycine***	1,8 g	L-Glutamine***	19,1 g

\*\* based on the preparation with water

\*\*\* essential amino acids

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