

MEGA PROTEIN

Chocolate Flavour

Protein concentrate [74 %] for the preparation of a shake. With sweeteners.**Ingredients:**

Milk protein, whey protein, reduced fat cocoa powder, flavouring, thickener: xanthan gum, with emulsifier lecithins [sunflower], sweeteners [acesulfame K, cyclamate, saccharin, sucralose].

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)]
Energy	1550 kJ 366 kcal		388 kJ 92 kcal		881 kJ 209 kcal	
Fat of which saturates	4,0 g 1,8 g		1,0 g 0,5 g		4,7 g 3,1 g	
carbohydrates of which sugars	6,8 g 2,8 g		1,7 g 0,7 g		14 g 13 g	
Protein	74 g		18 g		27 g	
Salt	0,47 g		0,12 g		0,41 g	
Calcium	792 mg	99 %	198 mg	25 %	493 mg	62 %

*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***	9,9 g	L-Tryptophan***	1,5 g	L-Alanine***	3,8 g
L-Isoleucine***	5,5 g	L-Valine***	6,0 g	L-Serine***	5,4 g
L-Lysine***	8,3 g	L-Histidine***	2,4 g	L-Proline***	7,8 g
L-Methionine***	2,4 g	L-Arginine***	3,1 g	L-Tyrosine***	4,3 g
L-Phenylalanine***	4,1 g	L-Cysteine***	1,3 g	L-Asparagine***	8,8 g
L-Threonine***	5,1 g	Glycine***	1,8 g	L-Glutamine***	18,9 g

** based on the preparation with water

*** essential amino acids

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