

## MEGA PROTEIN

Chocolate Crunchy Flavour

**Protein concentrate (70 %) for the preparation of a shake. With sweeteners.**

### Ingredients:

Milk protein, whey protein, rice crispies (rice flour, oat flour, wheat flour, sugar, barley malt flour, salt), flavouring, fat-reduced cocoa powder, thickener: xanthan gum, chocolate chips (sugar, cocoa mass, cocoa butter, emulsifier: lecithine (soy)), sweeteners (acesulfame K, cyclamate, saccharin), emulsifier: lecithins (sunflower).

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>	1549 kJ 365 kcal		387 kJ 91 kcal		881 kJ 209 kcal	
<b>Fat of which saturates</b>	2,7 g 1,3 g		0,7 g 0,3 g		4,4 g 3,0 g	
<b>carbohydrates of which sugars</b>	15 g 4,5 g		3,6 g 1,1 g		16 g 13 g	
<b>Protein</b>	70 g		17 g		26 g	
<b>Salt</b>	0,49 g		0,12 g		0,42 g	
<b>Calcium</b>	798 mg	100 %	200 mg	25 %	495 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***	9,6 g	L-Tryptophan***	1,5 g	L-Alanine***	3,6 g
L-Isoleucine***	5,4 g	L-Valine***	6,0 g	L-Serine***	5,3 g
L-Lysine***	8,2 g	L-Histidine***	2,4 g	L-Proline***	8,1 g
L-Methionine***	2,5 g	L-Arginine***	3,0 g	L-Tyrosine***	4,4 g
L-Phenylalanine***	4,1 g	L-Cysteine***	1,2 g	L-Asparagine***	8,3 g
L-Threonine***	4,8 g	Glycine***	1,7 g	L-Glutamine***	19,0 g

\*\* based on the preparation with water

\*\*\* essential amino acids

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