

# NATURE WHEY

Blueberry Flavour

**Food supplement. Powder with whey protein, L-glutamine and calcium. With sweeteners. Flavour: Blueberry.**

**Ingredients:** Whey protein concentrate [51 %], whey protein isolate [33 %], L-glutamine, psyllium husk powder, acid citric acid, dried blueberry pieces [2 %], flavouring, colour anthocyanins, calcium citrate, sweeteners [sucralose, steviol glycosides from stevia], emulsifier lecithins (sunflower<sup>1</sup>). **Allergen Information:** Temporary replacement of „lecithins (sunflower)“ by „lecithins [soy]“.

Average nutritional values	per 100 g	per serving (30 g)	% NRV* per serving (30 g)	per 2 servings (60 g)	% NRV* per 2 servings (60 g)
Energy	1561 kJ 369 kcal	468 kJ 111 kcal		937 kJ 221 kcal	
Fat of which saturates	4,1 g 2,3 g	1,2 g 0,7 g		2,4 g 1,4 g	
Carbohydrates of which sugars	5,1 g 4,1 g	1,5 g 1,2 g		3,1 g 2,4 g	
Protein	74 g	22 g		44 g	
Salt	0,52 g	0,16 g		0,31 g	
Calcium	460 mg	138 mg	17 %	276 mg	35 %
<b>Other substances</b>					
<b>Amino acids</b>					
Free L-Glutamine	5,0 g	1,5 g		3,0 g	
<b>Total amino acids</b>					
L-Leucine** [BCAA***]	7,1 g	2,1 g		4,3 g	
L-Isoleucine** [BCAA***]	4,4 g	1,3 g		2,6 g	
L-Valine** [BCAA***]	4,0 g	1,2 g		2,4 g	
L-Lysine**	6,3 g	1,9 g		3,8 g	
L-Methionine**	1,4 g	0,4 g		0,9 g	
L-Phenylalanine**	2,1 g	0,6 g		1,2 g	
L-Threonine**	4,5 g	1,4 g		2,7 g	
L-Tryptophan**	1,2 g	0,3 g		0,7 g	
L-Histidine	1,2 g	0,4 g		0,7 g	
L-Arginine	1,7 g	0,5 g		1,0 g	
L-Cysteine	1,5 g	0,5 g		0,9 g	
Glycine	1,1 g	0,3 g		0,7 g	
L-Alanine	3,4 g	1,0 g		2,0 g	
L-Serine	3,4 g	1,0 g		2,1 g	
L-Proline	3,8 g	1,2 g		2,3 g	
L-Tyrosine	1,9 g	0,6 g		1,2 g	
L-Asparagine + L-Aspartic acid	7,1 g	2,1 g		4,3 g	
L-Glutamine + L-Glutamic acid	16,7 g	5,0 g		10,0 g	

\* NRV = Nutrient Reference Values \*\* = essential amino acids \*\*\* BCCA = Branched Chain Amino Acids

# ***NATURE WHEY***

Blueberry Flavour

**Use:** For one serving mix 30 g of powder (= 3 level measuring spoons) with 200 ml of water in a shaker for 20 seconds. Take 1-2 servings per day. The use after your training is especially recommended.

**Important information:** Do not exceed the stated recommended daily dose. Keep out of reach of young children. This product should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Store in a cool and dry place.

**Contents:** 4 pouches à 600 g

**Total Contents: 2400 g** (=80 servings)