

# MEGA PROTEIN H2O

Vanilla Flavour

**Protein concentrate for preparing a shake. With sweeteners. Flavour: Vanilla.**

**Ingredients:** Milk protein [59 %]<sup>1,2</sup>, whole milk powder [15 %]<sup>1,2</sup>, whey protein isolate [14 %]<sup>2</sup>, thickener conjac, flavouring, psyllium husk powder, emulsifiers [lecithins (sunflower), lecithins (soy)], sweeteners [acesulfame K, sucralose, cyclamate, saccharin], colour beta-carotene. **Gluten-free.**

<sup>1</sup>of which totally 43,7 % casein <sup>2</sup>of which totally 19,7 % whey protein

Average nutritional values	per 100 g	% NRV* per 100 g	per serving (30 g/250 ml of water)	% NRV* per serving (30 g/250 ml of water)
Energy	1531 kJ 362 kcal		459 kJ 109 kcal	
Fat of which saturates	5,1 g 3,0 g		1,5 g 0,9 g	
Carbohydrates of which sugars	11 g 9,0 g		3,3 g 2,7 g	
Protein	65 g		20 g	
Salt	0,41 g		0,12 g	
Calcium	1393 mg	178 %	418 mg	53 %

\* Percent of Nutrient Reference Values

**Use:** For one serving mix 30 g of powder (= 2 heaped measuring spoons) with 250 ml of water. Take 1-2 servings per day. The use after your training is especially recommended.

**Important Information:** This product does not substitute a balanced and varied diet and a healthy lifestyle.

## Amino acids per 100 g of pure protein

L-Leucine**	9,5 g	L-Tryptophan**	1,4 g	L-Alanine	3,5 g
L-Isoleucine**	5,3 g	L-Valine**	6,0 g	L-Serine	5,1 g
L-Lysine**	8,0 g	L-Histidine	2,9 g	L-Proline	8,6 g
L-Methionine**	2,6 g	L-Arginine	3,4 g	L-Tyrosine	4,5 g
L-Phenylalanine**	4,3 g	L-Cysteine	1,0 g	L-Asparagine + L-Aspartic acid	8,0 g
L-Threonine**	4,5 g	Glycine	1,8 g	L-Glutamin + L-Glutamic acid	19,4 g

\*\* essential amino acids

Store in a cool and dry place.

Contents: 900 g (=30 servings)