

# 100 % ANABOL

## Black Currant Flavour

### Nutritional Information

Ingredients: Water, black currant juice (from black currant juice concentrate), glycine hydrochloride (5,6 %, thereof 3,8 % glycine), L-arginine hydrochloride (4,6 %, thereof 3,8 % L-arginine), L-ornithine hydrochloride (2,4 %, thereof 1,9 % L-ornithine), L-lysine hydrochloride (2,4 %, thereof 1,9 % L-lysine), acidifier citric acid, L-leucine (1,5 %), L-methionine (1,5 %), L-phenylalanine (1,5 %), L-valine (1,1 %), L-isoleucine (1,1 %), L-threonine (0,8 %), L-aspartic acid hydrochloride (0,5 %, thereof 0,4 % L-aspartic acid), monosodium glutamate (0,44 %, thereof 0,4 % L-glutamate), L-histidine (0,4 %), sweeteners (cyclamate, acesulfame K, saccharin), flavouring, L-serine (0,2 %), L-proline (0,2 %), L-alanine (0,2 %), L-tryptophan (0,1 %), pantothenic acid, vitamin B6, vitamin B1, L-cysteine (< 0,1 %), L-tyrosine (< 0,1 %).

Average nutritional values	per 100 ml	per serving (25 ml)	per serving (25 ml)
Energy	593 kJ 139 kcal	148 kJ 35 kcal	
Fat of which saturates	<0,5 g < 0,1g	< 0,5 g < 0,1 g	
Carbohydrates of which sugars	1,4 g 0,8 g	< 0,5 g < 0,5 g	
Protein	29 g	7,3 g	
Salt	0,21 g	0,05 g	
<b>Vitamins</b>			
Pantothenic acid	21,6 mg	5,4 mg	90 %
Vitamin B6	12 mg	3,0 mg	214 %
Vitamin B1	10 mg	2,5 mg	227 %
<b>Other ingredients</b>			
<b>Amino acids</b>			
L-Valine ** (BCAA***)	1200 mg	300 mg	
L-Isoleucine** (BCAA***)	1200 mg	300 mg	
L-Leucine** (BCAA***)	1600 mg	400 mg	
L-Lysine **	2000 mg	500 mg	
L-Methionine**	1600 mg	400 mg	
L-Tryptophan**	100 mg	25 mg	
L-Threonine**	800 mg	200 mg	
L-Phenylalanine**	1600 mg	400 mg	
L-Arginine	4000 mg	1000 mg	
L-Histidine	400 mg	100 mg	
L-Cysteine	4 mg	1 mg	
L-Tyrosine	4 mg	1 mg	
L-Proline	200 mg	50 mg	
L-Alanine	200 mg	50 mg	
L-Aspartic acid	400 mg	100 mg	
L-Serine	200 mg	50 mg	
L-Glutamic acid	396 mg	99 mg	
Glycine	3940 mg	985 mg	
L-Ornithine	2000 mg	500 mg	

\*= Percent of Nutrient Reference Values

\*\* essential amino acids

\*\*\* BCAA = Branched Chain Amino Acids

**Use:** For one serving mix 1 drinking ampoule (25 ml) with 250 ml of water or juice. Take 1 serving per day.

**Important information:** Shake well before use! Do not exceed the stated recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Store out of reach of young children.