

# MEGA PROTEIN

White Nougat Almond Pistachio Flavour

**Protein concentrate for preparing a shake. With sweeteners. Flavour: White Nougat Almond Pistachio.**

## Ingredients:

**Whey** protein concentrate [51 %], calcium **caseinate** [43 %], maltodextrin, flavouring, thickener xanthan gum, emulsifier lecithins (sunflower), sweeteners [acesulfame K, cyclamate, saccharin, sucralose], colour copper complexes of chlorophylls and chlorophyllins.

Average nutritional values	per 100 g	% NRV* per 100 g	per serving [25 g/250ml 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	1627 kJ 384 kcal		407 kJ 96 kcal		901 kJ 213 kcal	
Fat of which saturates	4,3 g 1,7 g		1,1 g 0,4 g		4,8 g 3,1 g	
Carbohydrates of which sugars	9,5 g 3,7 g		2,4 g 0,9 g		14 g 13 g	
Protein	76 g		19 g		28 g	
Salt	0,46 g		0,11 g		0,41 g	
Calcium	843 mg	105 %	211 mg	26 %	506 mg	63 %

\*NRV = Nutrient Reference Values

**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 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.

**Protein contributes to a growth in muscle mass and to the maintenance of muscle mass.**

## Amino acids per 100 g of pure protein\*\*

L-Leucine***	10,1 g	L-Tryptophan***	1,6 g	L-Alanine	3,9 g
L-Isoleucine***	5,6 g	L-Valine***	6,1 g	L-Serine	5,5 g
L-Lysine***	8,4 g	L-Histidine	2,4 g	L-Proline	7,8 g
L-Methionine***	2,4 g	L-Arginine	3,1 g	L-Tyrosine	4,2 g
L-Phenylalanine***	4,0 g	L-Cysteine	1,3 g	L-Asparagine + L-Aspartic acid	8,7 g
L-Threonine***	5,3 g	Glycine	1,8 g	L-Glutamine + L-Glutamic acid	18,9 g

\*\* based on the preparation with water \*\*\* essential amino acids

Store in a cool and dry place.

**Contents: 975 g (=39 servings)**