

# NATURE WHEY

Salted Caramel Flavour

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

**Ingredients:** **Whey** protein concentrate [55 %], **whey** protein isolate [32 %], L-glutamine, psyllium husk powder, salt [1 %], low-fat cocoa powder, flavouring, calcium citrate, colour beta-carotene, emulsifier lecithins [sunflower<sup>1</sup>], sweeteners [sucralose, steviol glycosides from stevia]. **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	1563 kJ 369 kcal	469 kJ 111 kcal		938 kJ 222 kcal	
Fat of which saturates	4,4 g 2,5 g	1,3 g 0,8 g		2,6 g 1,5 g	
Carbohydrates of which sugars	4,1 g 3,2 g	1,2 g 1,0 g		2,4 g 1,9 g	
Protein	77 g	23 g		46 g	
Salt	1,5 g	0,46 g		0,93 g	
Calcium	473 mg	142 mg	18 %	284 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***]	7,4 g	2,2 g		4,4 g	
L-Isoleucine** [BCAA***]	4,5 g	1,4 g		2,7 g	
L-Valine** [BCAA***]	4,2 g	1,3 g		2,5 g	
L-Lysine**	6,5 g	2,0 g		3,9 g	
L-Methionine**	1,5 g	0,4 g		0,9 g	
L-Phenylalanine**	2,2 g	0,6 g		1,3 g	
L-Threonine**	4,7 g	1,4 g		2,8 g	
L-Tryptophan**	1,2 g	0,4 g		0,7 g	
L-Histidine	1,3 g	0,4 g		0,8 g	
L-Arginine	1,7 g	0,5 g		1,0 g	
L-Cysteine	1,6 g	0,5 g		0,9 g	
Glycine	1,2 g	0,4 g		0,7 g	
L-Alanine	3,5 g	1,0 g		2,1 g	
L-Serine	3,6 g	1,1 g		2,1 g	
L-Proline	4,0 g	1,2 g		2,4 g	
L-Tyrosine	2,0 g	0,6 g		1,2 g	
L-Asparagine + L-Aspartic acid	7,4 g	2,2 g		4,4 g	
L-Glutamine + L-Glutamic acid	17,1 g	5,1 g		10,3 g	

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

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**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)