

WHEY SMOOTHIE

Red Fruits Flavour

Nutritional Information

Protein-rich powder (61 %) for the preparation of a smoothie. With sweetener.

Ingredients: **Whey** protein (79 %) (with emulsifier: lecithins (sunflower)), colouring food: red beet juice powder, acid: citric acid, dried strawberry pieces (1,3 %), dried blackberry pieces (1,3 %), dried raspberry pieces (1,3 %), dried cherry pieces (1,3 %), flavouring, sweetener: sucralose, colours (anthocyanins, allurared AC *).

*May have an adverse effect on activity and attention in children.

Average nutritional values	per 100 g	per serving (40 g/300 ml of water)
Energy	1587 kJ 375 kcal	635 kJ 150 kcal
Fat	5,7 g	2,3 g
of which saturates	3,1 g	1,2 g
Carbohydrates	14 g	5,5 g
of which sugars	9,3 g	3,7 g
Protein	61 g	24 g
Salt	0,65 g	0,26 g

Amino acids per 100 g of pure protein

L-Leucine*	11,0 g	L-Arginine	2,9 g
L-Isoleucine*	6,0 g	L-Cysteine	2,2 g
L-Valine*	5,6 g	Glycine	1,8 g
L-Lysine*	9,1 g	L-Alanine	4,8 g
L-Methionine*	2,1 g	L-Serine	5,2 g
L-Phenylalanine*	3,2 g	L-Proline	5,5 g
L-Threonine*	6,5 g	L-Tyrosine	3,0 g
L-Tryptophan*	1,8 g	L-Asparagine+ L-aspartic acid	10,5 g
L-Histidine	1,9 g	L-Glutamine+ L-glutamic acid	16,9 g

* = essential amino acids

Use: For one serving fill up your shaker with 300 ml of water first, then add 40 g of powder (=4 level measuring spoons). Shake well. Take 1 serving per day after your workout.

Important information: This product does not replace a balanced and varied diet and a healthy lifestyle.

Store in a cool and dry place.

Contents: 600 g (= 15 servings)