

MEGA PROTEIN H2O

Chocolate Flavour

Protein concentrate for preparing a shake. With sweeteners. Flavour: Chocolate.

Ingredients: Milk protein [60 %]^{1,2}, whey protein isolate [14 %]², low-fat cocoa powder [8 %], whole milk powder [8 %]^{1,2}, flavouring, thickener conjac, psyllium husk powder, emulsifiers (lecithins (sunflower), lecithins (**soy**)), sweeteners (acesulfame K, sucralose, cyclamate, saccharin). **Gluten-free.**

¹of which totally 43,2 % casein ²of which totally 20 % 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	1472 kJ 348 kcal		442 kJ 105 kcal	
Fat of which saturates	4,1 g 2,3 g		1,2 g 0,7 g	
Carbohydrates of which sugars	9,0 g 6,2 g		2,7 g 1,9 g	
Protein	65 g		20 g	
Salt	0,41 g		0,13 g	
Calcium	1353 mg	178 %	406 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**	5,2 g	L-Valine**	6,0 g	L-Serine	5,1 g
L-Lysine**	7,9 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)