

MEGA PROTEIN H2O

Ginger Orange Flavour

Protein concentrate for preparing a shake. With sweeteners. Flavour: Ginger Orange.

Ingredients: Milk protein [55 %]^{1,2}, whole milk powder [15 %]^{1,2}, whey protein isolate [14 %]², thickener conjac, acid malic acid, psyllium husk powder, flavouring, ginger powder [1,3 %], orange fruit powder [maltodextrin, orange juice concentrate [0,4 %], acidity regulator citric acid], emulsifier lecithins [sunflower], sweeteners [acesulfame K, sucralose, cyclamate, saccharin], colour beta-carotene. **Gluten-free.**

¹of which totally 45,6 % 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	1520 kJ 359 kcal		456 kJ 108 kcal	
Fat of which saturates	5,0 g 3,0 g		1,5 g 0,9 g	
Carbohydrates of which sugars	11 g 8,8 g		3,3 g 2,6 g	
Protein	62 g		19 g	
Salt	0,41 g		0,12 g	
Calcium	1321 mg	165 %	396 mg	50 %

* 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**	9,6 g	L-Tryptophan**	1,4 g	L-Alanine	3,4 g
L-Isoleucine**	5,3 g	L-Valine**	6,0 g	L-Serine	5,0 g
L-Lysine**	8,0 g	L-Histidine	2,8 g	L-Proline	8,8 g
L-Methionine**	2,6 g	L-Arginine	3,4 g	L-Tyrosine	4,6 g
L-Phenylalanine**	4,4 g	L-Cysteine	1,1 g	L-Asparagine + L-Aspartic acid	7,9 g
L-Threonine**	4,5 g	Glycine	1,8 g	L-Glutamin + L-Glutamic acid	19,7 g

** essential amino acids

Store in a cool and dry place.

Contents: 900 g (=30 servings)