

MEGA PROTEIN

Greek Café Frappé Flavour

Protein concentrate with coffee extract for preparing a shake. With sweeteners. High caffeine content. Not suitable for children or pregnant or breast-feeding women. [27 mg of caffeine per 100 ml of shake]. Flavour: Greek Café Frappé.

Ingredients: Calcium **caseinate** [42 %], **whey** protein concentrate [39 %], coffee extract [7 %], low-fat cocoa powder [5 %], flavouring, thickener xanthan gum, roasted **barley** malt flour, emulsifier lecithins (sunflower), sweeteners (acesulfame K, cyclamate, saccharin).

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	1572 kJ 372 kcal		393 kJ 93 kcal		887 kJ 210 kcal	
Fat of which saturates	4,1 g 1,7 g		1,0 g 0,4 g		4,8 g 3,1 g	
Carbohydrates of which sugars	11 g 2,3 g		2,7 g 0,6 g		15 g 13 g	
Protein	71 g		18 g		26 g	
Salt	0,54 g		0,14 g		0,43 g	
Calcium	801 mg	100 %	200 mg	25 %	495 mg	62 %

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

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

Store in a cool and dry place.

Contents: 975 g (=39 servings)