

NATURE WHEY

Cookies & Cream Flavour

Food supplement. Powder with whey protein, L-glutamine and calcium. With sweeteners. Flavour: Cookies & Cream.

Ingredients: **Whey** protein concentrate [53 %], **whey** protein isolate [33 %], L-glutamine, flavouring, psyllium husk powder, low-fat cocoa powder [1,0 %], calcium citrate, sweeteners [sucralose, steviol glycosides from stevia], emulsifier 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	1575 kJ 372 kcal	473 kJ 112 kcal		945 kJ 223 kcal	
Fat of which saturates	4,3 g 2,4 g	1,3 g 0,7 g		2,6 g 1,5 g	
Carbohydrates of which sugars	6,1 g 5,7 g	1,8 g 1,7 g		3,7 g 3,4 g	
Protein	75 g	23 g		45 g	
Salt	0,55 g	0,17 g		0,33 g	
Calcium	462 mg	139 mg	17 %	278 mg	35 %
Other substances					
Amino acids					
Free L-Glutamine	5,0 g	1,5 g		3,0 g	
Total amino acids					
L-Leucine** [BCAA***]	7,3 g	2,2 g		4,4 g	
L-Isoleucine** [BCAA***]	4,4 g	1,3 g		2,7 g	
L-Valine** [BCAA***]	4,1 g	1,2 g		2,5 g	
L-Lysine**	6,4 g	1,9 g		3,8 g	
L-Methionine**	1,4 g	0,4 g		0,9 g	
L-Phenylalanine**	2,1 g	0,6 g		1,3 g	
L-Threonine**	4,6 g	1,4 g		2,8 g	
L-Tryptophan**	1,2 g	0,4 g		0,7 g	
L-Histidine	1,2 g	0,4 g		0,7 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	3,4 g	1,0 g		2,1 g	
L-Serine	3,5 g	1,1 g		2,1 g	
L-Proline	3,9 g	1,2 g		2,3 g	
L-Tyrosine	2,0 g	0,6 g		1,2 g	
L-Asparagine + L-Aspartic acid	7,3 g	2,2 g		4,4 g	
L-Glutamine + L-Glutamic acid	16,9 g	5,1 g		10,2 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: 600 g (=20 servings)