



100% PURE WHEY PROTEIN Blueberry Yoghurt



- High level of protein - 80% high quality Whey Protein Complex (Isolate primary source) to support lean muscle growth.
- Instantized for excellent solubility, easy to digest.
- Only 5% Carbs.
- High BCAA (5,7g per serving) + Glutamine (3,8g per serving) levels.
- Vitamin B6 contributes to a normal protein metabolism and the regulation of hormonal activity.

NUTRITION VALUES:

Nutrition Information per	100 g	% NRV*	30 g**	% NRV*
Energy	1581 kJ / 372 kcal		474 kJ / 112 kcal	
Fat	3,6 g		1,1 g	
- of which saturates	2,3 g		0,7 g	
Carbohydrate	4,9 g		1,5 g	
- of which sugars	2,9 g		0,9 g	
Dietary Fibre	0,4 g		0,1 g	
Protein	80 g		24 g	
Salt	1,25 g		0,38 g	
Vitamin B6	5,59 mg	399	1,68 mg	120
BCAA (Leucine, Isoleucine, Valine)	19,5 g		5,9 g	

*Nutrient Reference Value; **per 30 g serving when mixed with 200ml of water

INGREDIENTS:

96% Instantized Whey Protein Blend (Whey Protein Isolate (**Milk**), Whey Protein Concentrate (**Milk**), Whey Protein Hydrolysate (**Milk**)), flavouring, beetroot juice powder, maltodextrin, emulsifier (sunflower lecithin), salt, 0,5% blueberry powder (maltodextrin), sweeteners (sodium cyclamate, sodium saccharin, acesulfame K), rapeseed oil, Thickeners (Guar Gum, Xanthan Gum), Vitamin B6. **May contain traces of egg and soya.**

RECOMMENDED USAGE:

To prepare: Mix 30g of powder (3 measuring spoons) with 200 ml of water. Directions for use: Take 1 serving per day. This product should be taken as part of a varied and balanced diet and in conjunction with a healthy lifestyle. Store in a cool, dry place.

FLAVOUR:

Blueberry Yoghurt

PACKING:

Content: 450g, 2000g e