



EST. 1977

# FORMULA 80

## Cookies and Cream

- Blend of 4 high-quality proteins: Casein, Milk, Whey, Egg for fast, medium and slow release
- Enriched with Vitamins + Minerals
- Ideal for those dieting as this formula keeps you fuller for longer
- Suitable for vegetarians
- Aspartame free



### NUTRITION VALUES:

Nutrition Information per	100 g	% NRV*	30 g in Milk**	% NRV*	30 g in Water***	% NRV*
Energy	1574 kJ/ 371 kcal		1083 kJ/ 256 kcal		472 kJ/ 111 kcal	
Fat	2,2 g		5,7 g		0,7 g	
- of which saturates	1,2 g		3,7 g		0,4 g	
Carbohydrate	7,2 g		17 g		2,2 g	
- of which sugars	2,9 g		16 g		0,9 g	
Protein	80 g		34 g		24 g	
Salt	0,28 g		0,47 g		0,08 g	
Vitamin B6	5,94 mg	424	1,92 mg	137	1,78 mg	127

\*Nutrient Reference Value; \*\*Per serving 30 g in 300 ml of semi-skimmed milk (1,5 % fat); \*\*\*Per serving 30 g in 300 ml water

### INGREDIENTS:

66% **calcium caseinate (milk)**, 14% **milk** protein isolate, 9,5% whey protein concentrate (**milk**), emulsifier (sunflower lecithin), 2,4% cocoa biscuit (corn flour, potato starch, sugar, fat reduced cocoa powder, palm oil, plant margarine (vegetable fats and oils (palm), dextrose, tapioca starch, salt, natural flavour, raising agent (ammonium bicarbonate, sodium hydrogen carbonate), bourbon vanilla extract), protein enriched whey powder (**milk**), 2% dried hen **egg** albumen, flavouring, rapeseed oil, sweeteners (acesulfame K, sucralose), vitamin B6. **May contain traces of soy.**

### RECOMMENDED USAGE:

**Powder for preparation of a protein-rich beverage with vitamin B6 and sweeteners. To prepare: Mix 30g of powder (3 heaped tablespoons) with semi-skimmed milk (1,5%fat) or water. This product should be taken as part of a varied and balanced diet and in conjunction with a healthy lifestyle.**

### FLAVOUR:

**Cookies and Cream**

### PACKING:

**Content: 510g e**