



FORMULA 80 Blueberry Yoghurt

- 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	1603 kJ/ 378 kcal		1080 kJ/ 256 kcal		481 kJ/ 113 kcal	
Fat	1,8 g		5,6 g		0,5 g	
- of which saturates	1,0 g		3,6 g		0,3 g	
Carbohydrate	9,4 g		17 g		2,8 g	
- of which sugars	2,7 g		16 g		0,8 g	
Protein	80 g		34 g		24 g	
Salt	0,25 g		0,44 g		0,08 g	
Vitamin B6	5,92 mg	422	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), protein enriched whey powder (**milk**), 2% dried hen **egg** albumen, flavouring, 0,8% blueberry powder (maltodextrin), beetroot juice powder, acidifier (citric acid), 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:

Blueberry Yoghurt

PACKING:

Content: 510g e