

FORMULA 80

Rote Grütze Vanillesoße

- 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	1563 kJ/ 368 kcal		1060 kJ/ 251 kcal		469 kJ/ 112 kcal	
Fat	2,1 g		5,1 g		0,6 g	
- of which saturates	1,2 g		3,4 g		0,4 g	
Carbohydrate	6,8 g		17 g		2,0 g	
- of which sugars	4,3 g		16 g		1,3 g	
Protein	81 g		34 g		24 g	
Salt	0,53 g		0,51 g		0,16 g	
Vitamin B6	5,2 mg	369	1,7 mg	121	1,6 mg	111

*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:

65% Calcium caseinate (**milk**), 14% whey protein isolate (**milk**), whey protein concentrate (**milk**), **whey** powder, flavouring, dried hen **egg** albumen, colouring plant concentrate beetroot juice powder, sweeteners (acesulfame K, sucralose), rapeseed oil, emulsifier (sunflower lecithin), 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 300 ml 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:

Red groats vanilla sauce

PACKING:

Content: 510g e