



FORMULA 80

Lemon-Cheesecake

- 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	1606 kJ/ 379 kcal		1082 kJ/ 256 kcal		482 kJ/ 114 kcal	
Fat	2,1 g		5,7 g		0,6 g	
- of which saturates	1,2 g		3,7 g		0,4 g	
Carbohydrate	8,0 g		17 g		2,4 g	
- of which sugars	2,8 g		16 g		0,8 g	
Protein	80 g		34 g		24 g	
Salt	0,24 g		0,44 g		0,07 g	
Vitamin B6	5,81 mg	415	1,88 mg	134	1,74 mg	124

*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% **milk** protein isolate, 9% whey protein concentrate (**milk**), emulsifier (sunflower lecithin), protein enriched whey powder (**milk**), flavouring, 2% dried hen **egg** albumen, 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:

Lemon-Cheesecake

PACKING:

Content: 510g e