



EST. 1977

# WHEY PROTEIN

## Cookies & Cream

- Combination of three protein sources for optimal results
- Each serving contains approximately 22g of high quality protein
- Best taste and excellent solubility in water



### NUTRITION VALUES:

Nutrition Information per	100 g	% NRV/% RI*	30 g**	% NRV/% RI*
Energy	1580 kJ / 373 kcal		474 kJ / 112 kcal	
Fat	3,8 g		1,1 g	
- of which saturates	2,6 g		0,8 g	
Carbohydrate	12 g		3,7 g	
- of which sugars	4,3 g		1,3 g	
Protein	71 g		21 g	
Salt	1,25 g		0,38 g	
Vitamin B6	6,2 mg	441	1,9 mg	132

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

### INGREDIENTS:

85% **whey** protein concentrate, 8% **whey** protein isolate, 2,6% Cocoa Biscuits (Corn Flour, Potato Starch, Sugar, Fat Reduced Cocoa Powder, Palm Oil, Margarine (Palm Oil, Emulsifiers (E322, E471)), Dextrose, Tapioca Starch, Salt, Natural Vanilla Extract, Natural Flavouring, Raising Agent (E503, E500)), 2% protein enriched **whey** powder, flavouring, emulsifier (lecithins), salt, thickener (guar gum), sweeteners (acesulfame K, sucralose), vitamin B6.

**Allergen advice: For allergens see ingredients in bold. May contain traces of egg, soy and nuts.**

### RECOMMENDED USAGE:

Whey protein powder drink mix enriched with Vitamin B6. With sugars and sweeteners. To prepare: Shake 1 serving = 30g (approx. 3 level tablespoons) with 200ml water. Please weigh for exact dosage. Instructions for use: Take 1 serving per day. Ideally, drink one shake for breakfast or one shake right after training. The 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: 2000g e**