



# ESSENTIAL AMINO ACIDS Lemon Ice Tea

- 9g EAAs (of which 5g BCAAs) per serving
- Enriched with vitamin B6 and vitamin C
- Gluten-free
- Suitable for vegans

## NUTRITION VALUES:

Nutrition Information per	100 g	% NRV*	12,5 g**	% NRV*
Energy	1482 kJ/ 349 kcal		185 kJ/ 44 kcal	
Fat	0,5 g		< 0,5	
- of which saturates	< 0,1 g		< 0,1	
Carbohydrate	3,5 g		0,4 g	
- of which sugars	1,4 g		0,2 g	
Protein	70 g		8,8 g	
Salt	0,03 g		< 0,01 g	
Vitamin C	286 mg	358	36 mg	45
Vitamin B6	5,0 mg	357	0,6 mg	45
L-Leucine	20000 mg		2500 mg	
L-Lysine-Hydrochloride	12500 mg		1563 mg	
L-Isoleucine	10000 mg		1250 mg	
L-Valine	10000 mg		1250 mg	
L-Phenylalanine	8000 mg		1000 mg	
L-Threonine	7000 mg		875 mg	
L-Methionine	3000 mg		375 mg	
L-Tryptophane	2000 mg		250 mg	

\*Nutrient Reference Value; \*\*per 12.5g serving mixed with 300ml of water

## INGREDIENTS:

Mixture of Essential Amino Acids (L-Leucine 20,0 %, L-Lysine-Hydrochlorid 12,5 %, L-Isoleucine 10,0 %, L-Valine 10,0 %, L-Phenylalanine 8,0 %, L-Threonine 7,0 %, L-Methionine 3,0 %, L-Tryptophane 2,0 %), Inulin, Acidifier (Citric acid, Malic Acid, (L+)-Tartaric Acid), Flavour, Sweetener (Acesulfame-K, Sucralose), Emulsifier (Sunflower Lecithine), Food Colorant (**BARLEY** Malt Extract\*), L-Ascorbic Acid, Anti-Caking Agent (Silicon Dioxide), Pyridoxine Hydrochloride.  
\*gluten free. **May contain traces of GLUTEN, EGG, SOY and MILK.**

## RECOMMENDED USAGE:

**Food supplement with free amino acids and vitamins. With sweetener. To prepare: Mix 12.5g of powder (one heaped measuring spoon) with 300ml of water in a shaker and shake well. Directions for use: Take one serving daily, preferably before or after training. On rest days, consume one shake in the morning. Do not exceed the recommended daily dose (12.5 g). This product should not be used as a substitute for a varied diet and a healthy lifestyle. Keep out of children's reach.**

## FLAVOUR:

**Lemon Ice Tea**

## PACKING:

**Content: 250g e**

