

**NUTRITIONAL
FACTS**Serving size: 22 g
Serving per pack: 34

	Per serving	Per 100 g
Energy	87 kcal / 367 kJ	394 kcal / 1666 kJ
Carbohydrate	1.4 g	6.5 g
Total sugars	0.9 g	4.3 g
Protein	16.6 g	75.4 g
Fat	1.6 g	7.4 g
Sodium	37.8 mg	172 mg
Magnesium	17 mg	75 mg
Calcium	216 mg	980 mg
Phosphorus	112 mg	510 mg

Ready-to-use product prepared with 22 g of protein powder in water.
Other liquids can result in a change of the nutritional values.

INGREDIENTS: Whey protein concentrate (99%), Emulsifier (Sunflower lecithin).

It is readily soluble and with no added sugar. Contains naturally occurring sugars.

Contains milk protein.

NOTE: A varied and balanced diet and a healthy lifestyle should be respected.

- i) Protein helps build and repair body tissues
- ii) Protein is essential for growth and development
- iii) Protein provides amino acids necessary for protein synthesis