

# CREAMY PROTEIN SHAKE

## Cookies & Cream

- Protein shake with up to 77% high quality protein
- Enriched with vitamin B6
- With up to 33 g of protein per serving consisting of five protein components
- Ideal protein shake for muscle building
- As a snack or after training



### NUTRITION VALUES:

Nutrition Information per	100 g	% NRV/ % RI*	30 g in milk**	% NRV/ % RI*	30 g in water***	% NRV/ % RI*
Energy	1567 kJ/ 370 kcal		1063 kJ/ 251 kcal		470 kJ/ 111 kcal	
Fat	3,7 g		5,6 g		1,1 g	
- of which saturates	2,3 g		3,9 g		0,7 g	
Carbohydrate	6,0 g		16 g		1,8 g	
- of which sugars	3,9 g		16 g		1,2 g	
Protein	77 g		33 g		23 g	
Salt	1,2 g		0,70 g		0,35 g	
Vitamin B6	1,9 mg	136	0,72 mg	51	0,58 mg	41

\*Nutrient Reference Value; \*Reference Intake; \*\*per 30 g serving when mixed with 300 ml of semi-skimmed milk (1,5% fat); \*\*\*per 30 g serving when mixed with 200 ml of water/

### INGREDIENTS:

38,7 % **whey** protein concentrate, 21,5 % **calcium caseinate (milk)**, 17,0 % **milk** protein concentrate, 16,0 % **soy** protein isolate, flavouring (contains **lactose**), thickeners (guar gum, carrageenan), 1,0 % chicken **egg** white powder, 0,5 % fat reduced cocoa powder, Emulsifier Lecithins (**Soya**), tricalcium phosphate, sweeteners (sucralose, acesulfam-K), vitamin B6. **Allergen advice: For allergens see ingredients in bold. May contain traces of gluten and peanuts.**

### RECOMMENDED USAGE:

**Powder for preparation of a protein-rich beverage with vitamin B6 and sweeteners. To prepare: Shake 1 serving = 30g (approx. 3 heaped tablespoons) with 300ml low-fat milk (1.5% fat) or 200ml water. Please weigh for exact dosage. Instructions for use: Drink 1-2 servings daily throughout the day. Ideally, drink 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: 420g e**