

POWER

# MULTI PROTEIN

## CROSS FLOW FILTRATION

### NUTRITION FACTS

	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1530 (360)		650 (155)	
fat	2.3 g		0.7 g	
of which saturated fatty acids	1.3 g		0.4 g	
carbohydrates	11 g		14 g	
of which sugars	3.9 g		13 g	
fibres	6.3 g		1.3 g	
protein	71 g		23 g	
salt***	1.0 g		0.51 g	
<b>VITAMINS</b>		<b>%NRV*</b>		<b>%NRV*</b>
E	12 mg	100%	3.0 mg	25%
C	80 mg	100%	20 mg	25%
B1	1.1 mg	100%	0.3 mg	27%
B2	1.4 mg	100%	0.4 mg	29%
B6	1.4 mg	100%	0.4 mg	29%
B12	2.5 µg	100%	0.9 µg	36%
Niacin	16 mg	100%	4.3 mg	27%
folic acid	200 µg	100%	60 µg	30%
Biotin	50 µg	100%	15 µg	30%
pantothenic acid	6.0 mg	100%	2.4 mg	40%
<b>MINERALS</b>		<b>%NRV*</b>		<b>%NRV*</b>
calcium	995 mg	124%	510 mg	64%
magnesium	375 mg	100%	100 mg	27%
potassium	1030 mg	52%	615 mg	31%
Phosphorus	770 mg	110%	395 mg	56%

\*nutrient reference values

\*\*1 Portion = 20 g + 250 ml skim milk (0.1% fat). 100 ml of the preparation contains 260 kJ (62 kcal).

\*\*\*natural sodium content (430 mg/100 g), no salt added.

Amino acids per 100 g of pure protein		
essential	histidine	2.5 g
	isoleucine	5.6 g
	leucine	11.6 g
	lysine	8.6 g
	methionine + Cysteine	4.8 g
	phenylalanine + Tyrosine	9.2 g
	threonine	5.0 g
	tryptophane	1.7 g
	valine	6.3 g
non-essential	alanine	4.2 g
	arginine	3.7 g
	aspartic acid	9.6 g
	glutamic acid	19.8 g
	glycine	2.0 g
	proline	7.8 g
	serine	5.3 g

Total BCAA (Leucin, Isoleucin, Valin):

235 mg/g pure protein