

<b>Typical Values (when mixed with water±)</b>	<b>Per 100g</b>	<b>Per 25g serving (1 scoop)</b>	<b>Per 50g serving (2 scoops)</b>
Energy	1528kJ / 365kcal	380kJ / 91kcal	762kJ / 182kcal
Fat	5.5g	1.4g	2.8g
Of which saturates	1.6g	0.4g	0.8g
Carbohydrate	11.0g	2.8g	5.5g
Of which sugars	5.0g	1.3g	2.5g
Fibre	3.0g	0.8g	1.5g
Protein	68.0g	17.0g	34.0g
Salt	0.63g	0.16g	0.32g
<b>Also Provides:</b>			
Flaxseed powder	3000mg	750mg	1500mg
Of which is Flaxseed oil	1200mg	300mg	600mg
Conjugated Linoleic Acid powder	1500mg	375mg	750mg
Of which is Conjugated Linoleic Acid	1000mg	250mg	500mg
L-Carnitine	500mg	125mg	250mg
Green tea extract	400mg	100mg	200mg

Typical Amino Acid Profile (per 25g serving)			
L-Alanine	671mg	L-Lysine*	1302mg
L-Arginine	801mg	L-Methionine*	353mg
L-Aspartic Acid	1691mg	L-Phenylalanine*	723mg
L-Cysteine	195mg	L-Proline	1079mg
L-Glutamic Acid	3728mg	L-Serine	827mg
L-Glycine	409mg	L-Threonine*	800mg
L-Histidine*	405mg	L-Tryptophan*	186mg
L-Isoleucine* (BCAA)	890mg	L-Tyrosine	617mg
L-Leucine* (BCAA)	1506mg	L-Valine* (BCAA)	936mg
Total BCAA's (per 25g serving)			
BCAA'S		3332mg	

\*Essential Amino Acids (EAA's)

## Ingredients

**Strawberry Delight, Vanilla Creme, White Chocolate Deluxe, Banana, Cherry Bakewell, Salted Caramel, Raspberry & White Chocolate, Cookie & Cream Flavours**

PhD Premium Protein Blend (Whey\* Protein Concentrate, **Milk** Protein Concentrate (Of Which 80% Is Micellar Casein), **Soya** Protein Isolate), Waxy **Barley** Flour, Golden Brown Flaxseed Powder, Thickeners (Acacia Gum, Guar Gum, Xanthan Gum), Flavouring, Reduced Fat Cocoa Powder {*Salted Caramel Flavour Only*} Conjugated Linoleic Acid Powder [Safflower Oil (Rich in Conjugated Linoeic Acid), Glucose Syrup, **Milk** Protein, Emulsifier (**Soya** Lecithin), Vitamin E], L-Carnitine, Colour (Beetroot Red {*Strawberry Delight, Cherry Bakewell and Raspberry & White Chocolate Flavours Only*}, Curcumin (*Banana Flavour Only*), Green Tea Extract, Salt {*White Chocolate Deluxe Flavour and Salted Caramel Flavours Only*} Sweetener (Sucralose).