

INGREDIENTS

Maltodextrin, **milk** protein (20%) (**milk** protein, **whey** protein concentrate, **wheyprotein** isolate, **whey** protein hydrolysate, micellar **casein**), fat reduced cocoa powder, sunflower oil, flavourings, creatine monohydrate (1%), emulsifiers [lecithins (contains **soy**), mono- and diglycerides of fatty acids], thickeners (cellulose gum, xanthan gum, carrageenan), flavour enhancer (potassium chloride), sweeteners (acesulfame K, sucralose), anti-caking agent (silicon dioxide), ascorbic acid (vitamin C), nicotinamide, calcium D-pantothenate, pyridoxine hydrochloride (vitamin B6), folic acid.

	per 100 g	per portion (321 g*)		
Energy kJ (kcal)	1607 (379)	5160 (1217)	Pantothenic acid	2,25 mg (37%**)
Fat	2,7 g	8,6 g	Creatine	0,9 g
of which saturates	0,8 g	2,7 g		3,0 g
Carbohydrate	72 g	231 g	Amino acid profile	per 100 g
of which sugars	5,1 g	16 g	***L-Valine	1,0 g
Protein	16 g	52 g	***L-Leucine	1,6 g
Salt	0,13 g	0,40 g	***L-Isoleucine	0,9 g
Vitamin C	19,5 mg (24%**)	62,7 mg (78%**)	L-Alanine	0,7 g
Niacin	6,04 mg (38%**)	19,4 mg (121%**)	L-Arginine	0,5 g
Folic acid	73,8 µg (37%**)	237 µg (118%**)	L-Aspartic acid	1,4 g
Vitamin B6	0,508 mg (36%**)	1,63 mg (116%**)	L-Cysteine	0,2 g
Glycine	0,3 g	1,0 g	L-Glutamic acid	1,3 g
***L-Lysine	1,4 g	4,4 g		4,0 g
***L-Histidine	0,5 g	1,5 g		
***L-Methionine	0,4 g	1,2 g		
***L-Phenylalanine	0,7 g	2,1 g		
L-Proline	1,3 g	4,1 g		
L-Serine	0,8 g	2,6 g		
***L-Threonine	0,9 g	2,8 g		
***L-Tryptophan	0,2 g	0,8 g		
L-Tyrosine	0,6 g	2,1 g		

* per 321 g in 700 ml water ** % nutrient reference value *** essential amino acids

Sum of BCAAs (L-Valine, L-Leucine, L-Isoleucine): 3,5 g (11 g per portion)