

CHOCOLATE PERFECTION

Typical values	per 100 g	% RI*	per 300 g serving	% RI*
Energy	1,539 kJ 363 kcal	18 %	4,618 kJ 1,089 kcal	55 %
Fat	1.9 g	3 %	5.7 g	8 %
of which Saturates	0.8 g	4 %	2.3 g	11 %
Mono-unsaturates	0.5 g		1.5 g	
Polyunsaturates	0.6 g		1.7 g	
Carbohydrate	65 g	25 %	195 g	75 %
of which Sugars	1.3 g	2 %	4 g	4 %
Fibre	3.0 g		9.0 g	
Protein	20 g	40 %	60 g	120 %
Salt	0.25 g	4 %	0.75 g	13 %
Vitamin A	133 µg RE	17 %	400 µg RE	50 %
Vitamin D	2.5 µg	50 %	7.5 µg	150 %
Vitamin C	33 mg	42 %	100 mg	125 %
Thiamin	0.53 mg	48 %	1.6 mg	145 %
Riboflavin	0.53 mg	38 %	1.6 mg	114 %
Niacin	3 mg NE	19 %	9 mg NE	56 %
Vitamin B6	0.5 mg	36 %	1.5 mg	107 %
Folic Acid	33.3 µg	16 %	100 µg	50 %
Vitamin B12	0.4 µg	16 %	1.2 µg	48 %
Biotin	27 µg	53 %	80 µg	160 %
Pantothenic Acid	1 mg	17 %	3 mg	50 %
Zinc	2.5 mg	25 %	7.5 mg	75 %
Selenium	9 µg	16 %	27 µg	49 %
Chromium	17 µg	42 %	50 µg	125 %

ADDITIONAL INFORMATION

Typical values	per 300 g serving
AMINO ACIDS	5 mg
L-Glutamine	1,000 mg
Creapure® Creatine Monohydrate	3,000 mg
OTHER VITAMINS & MINERALS	1,000 mg
Choline	100 mg
<i>DeltaGold® Tocotrienols</i>	7.5 mg
Iron	2.3 mg
Magnesium	150 mg

Ingredients

CarboBiotics™ Carbohydrate Blend (61%) (Maltodextrin, **OAT** Flour, Trehalose), High Biological Value Protein Blend (16%) (Whey Protein Concentrate (**MILK**), Native Whey Protein Isolate (**MILK**), **MILK** Protein Concentrate, **EGG** White Protein Isolate, Hydrolysed Whey Proteins (**MILK**), Peptide-Bonded Glutamine (**WHEAT**)), Creapure® Creatine Monohydrate, Cocoa Powder (5%) (chocolate varieties only), Flavourings, Colour (Betanin (strawberries & cream variety only)), L-Glutamine, Magnesium Bisglycinate, Potassium Chloride (choc-peanut butter variety only), L-Choline Bitartrate, Sweetener (Acesulfame K), L-Ascorbic Acid, Bacillus Coagulans (LactoSpore®), Emulsifier (**SOYA** Lecithin), Sweetener (Sucralose), Zinc Bisglycinate, Tocotrienol-Rich Annatto seed extract (DeltaGold® - 35% total tocotrienols of which 84-92% Delta-Tocotrienols, 8-16% Gamma-Tocotrienols), Iron Bisglycinate, Nicotinamide, Copper Bisglycinate, Selenomethionine (SeleniumSeLECT®), Retinyl Acetate, D-Calcium Pantothenate, Cholecalciferol, Riboflavin, Thiamin Hydrochloride, Pyridoxine Hydrochloride, Colour (Beta Carotene (vanilla ice cream variety only)), Chromium Picolinate, Pteroylmonoglutamic Acid, D-Biotin, Methylcobalamin, Anti-Caking Agent (Calcium Silicate). For allergens, including cereals containing gluten, see ingredients in **BOLD**.