

# Triple Protein Shake - Vanilla

Product 4136 / 813 g

Serving Size / 1 Level 60 cc Scoop (27,1 g)

Servings Per Container / 30

Typical Values	Per Portion	% RI	Per 100 g	% RI
Energy	387 kJ or 91 kcal	5%	1411 kJ or 336 kcal	17%
Fat	0,8 g	1%	3,0 g	4%
of which saturates	0,14 g	1%	0,52 g	2,6%
Carbohydrate	1 g	0,4%	3,7 g	1,4%
of which sugars	0,3 g	0,3%	1,1 g	1,2%
Fibre	0,2 g	*	0,7 g	*
Protein	20 g	40%	73,8 g	148%
Salt	0,35 g	6%	1,3 g	22%
Vitamin A	504 µg RE	63%	1859 µg RE	232%
Vitamin D	3,4 µg	68%	12,5 µg	250%
Vitamin E	8,6 mg α-TE	72%	31,7 mg α-TE	264%
Vitamin C	26 mg	33%	96 mg	120%
Vitamin K	28 µg	37%	103 µg	137%
Thiamin Mononitrate	0,53 mg	48%	2 mg	182%
Riboflavin	0,6 mg	43%	2,2 mg	157%
Niacin	7 mg NE	44%	26 mg NE	163%
Vitamin B6	0,7 mg	50%	2,6 mg	186%
Calcium L-Methylfolate	175 µg	88%	646 µg	323%
Vitamin B12	2,5 µg	100%	9,2 µg	368%
D-Biotin	132 µg	264%	487 µg	974%
Pantothenic Acid	3,5 mg	58%	12,9 mg	215%
Potassium	569 mg	28%	2100 mg	105%
Calcium	619 mg	77%	2284 mg	286%
Phosphorus	363 mg	52%	1339 mg	191%
Magnesium	211 mg	56%	779 mg	208%
Zinc	5,7 mg	57%	21 mg	210%
Copper	680 µg	68%	2510 µg	251%
Manganese	0,7 mg	35%	2,6 mg	130%
Selenium	24 µg	44%	89 mg	162%
Molybdenum	26 µg	52%	96 µg	192%

RI - Reference Intake. \* no RI established. Reference Intake of an average adult (8400 kJ/2000 kcal)

**INGREDIENTS:** Soya Protein Isolate (36,8%), Whey Protein Isolate (21,1%), Milk Protein Isolate (21,1%), Calcium Phosphate (From Milk), Acidity Regulator Potassium Citrate, Natural Vanilla Flavour, Magnesium Bis-Glycinate, Thickening Agent Xanthan Gum, Acidity Regulator Magnesium Oxide, Acidity Regulator Citric Acid, Thickening Agent Carrageenan, Sweetener Sucralose, Bulking Agent Maltodextrin, Anti-Caking Agent Silica, Vitamin C (L-Ascorbic Acid), Niacin (Nicotinamide), Zinc Sulphate, Vitamin A (Beta-Carotene), Vitamin E (D-Alpha-Tocopheryl Acid Succinate (from Soya)), Pantothenic Acid (Calcium-D-Pantothenate), Manganese Sulphate, Vitamin B6 (Pyridoxine HCl), Riboflavin (Vitamin B2), Cupric Sulphate, Thiamin Mononitrate (Vitamin B1), Vitamin D3 (Cholecalciferol), Calcium L-Methylfolate, D-Biotin, Vitamin K1 (Phytomenadione), Sodium Molybdate, Sodium Selenite, Vitamin B12 (Cyanocobalamin).

**INTAKE:** Mix 1 level 60 cc scoop (27,1 g) in 240–360 ml of water or skim milk once or twice a day.

**Prior to beginning any exercise and/or diet programme, or taking any protein shake,** you should consult your physician if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. 363 mg Phosphorus or 211 mg of Magnesium may cause mild stomach upsets in sensitive individuals.

Not tested on animals.

**Store in a cool, dry place.**