

# 100% MICELLAR CASEIN

**SUSTAINED RELEASE PROTEIN**

**DOUBLE  
CHOCOLATE  
FLAVOUR**

**23g** PROTEIN

**1g** SUGAR

**<1g** FAT

9086

HIGH PROTEIN NUTRITION SHAKE WITH SWEETENER **9086**

RECOMMENDED USE: Mix 1 scoop with 250-300ml of water, milk or your favourite beverage with a shaker or blender.

## NUTRITIONAL INFORMATION

	Serving Size: 1 Scoop (30g)		Servings Per Container 30	
	Per 100g	%RI*	Per 30g serving	%RI*
Energy	1492kJ	17%	447kJ	5%
	352kcal	17%	106kcal	5%
Fat	2.9g	4%	0.9g	1%
of which saturates	1.8g	9%	0.5g	3%
Carbohydrate	6.5g	3%	1.9g	1%
of which sugars	3.4g	4%	1.0g	1%
Protein (DB)	77g	152%	23.0g	45%
Salt	1.75g	29%	0.05g	9%

\*RI = Reference intake of an average adult (8400kJ/2000kcal)

INGREDIENTS: Micellar Casein [contains Emulsifier: **Soy** Lecithin] (**Milk**), Reduced Fat Cocoa Powder, Salt, Chocolate Flavouring, Thickener (Carboxymethyl Cellulose), Sweetener (Sucralose).

ALLERGY ADVICE: For Allergens See Ingredients in **Bold**.

Do not exceed recommended intake.  
Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place. **KEEP OUT OF REACH OF CHILDREN.**

BEST BEFORE DATE & BATCH NUMBER SEE BASE

AMINO ACID	g/100g	g/30g
Aspartic Acid	5.5	1.6
Threonine	3.0	0.9
Serine	3.4	1.0
Glutamic Acid	16.4	4.9
Proline	7.8	2.4
Glycine	1.3	0.4
Alanine	2.3	0.7
Valine	4.7	1.4
Methionine	1.6	0.5
Isoleucine	3.9	1.2
Leucine	7.2	2.2
Tyrosine	3.5	1.1
Phenylalanine	3.5	1.1
Ornithine	0.2	0.1
Lysine	6.0	1.8
Histidine	2.1	0.6
Arginine	2.5	0.8
Cystine	0.2	0.1
Tryptophan	2.1	0.5



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**EFFECTIV 100% MICELLAR CASEIN** uses only EU grass fed pure Micellar Casein which is produced through a state-of-the-art membrane filtration process and does not undergo any chemical modification as seen with inferior caseinate products. This process delivers the native milk casein and calcium in its micellar natural protein structure, and a delicious premium natural milky taste.

The unique properties of Micellar Casein show that it digests slowly providing a steady release of amino acids into the bloodstream, making it ideal for nighttime use or for prolonged periods throughout the day without protein.

Choose from an irresistible selection of flavours to make a delicious high protein shake or create a creamy mousse by mixing it with approximately 150ml of water or milk and chill in the fridge for a minimum of 2 hours.

**EFFECTIV**  
SPORTS NUTRITION

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