

INSTANT **Pro&Oats**

Why Instant Pro & Oats? It's simple, you've already been mixing them for years, now it's more convenient for you. We added 100% wholegrain oats to our deliciously tasty whey protein to create the ideal on-the-go breakfast or snack. Now go out and take on your busy day!

EFFECTIV™

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Manufactured and Distributed in the EU for
EFFECTIV NUTRITION
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INSTANT Pro&Oats

It's porridge... with protein!

22g PROTEIN
apple & cinnamon FLAVOUR

^NO ADDED SUGAR

60g

READY IN 2 MINUTES  JUST ADD HOT WATER

PER 60 GRAM SERVING

ENERGY 917 KJ 218 Kcal	11%
FAT 4.4g	6%
SATURATES 2.0g	10%
SUGARS 3.4g	4%
SALT 0.2g	4%

of the reference intake*

Recommended Use: Add 75-150ml of boiling water depending on desired consistency. Stir well and leave to stand for 1-2 minutes.

Nutrition Information

	Per 100g	Per 60g	%RI*
Energy KJ	1528	917	11
Energy Kcal	363	218	11
Fat (g)	7.4	4.4	6
of which saturates (g)	3.4	2.0	10
Carbohydrate (g)	32.8	19.7	8
of which sugars (g)	5.7	3.4	4
Fibre (g)	9.3	5.6	**
Protein (g)	36.6	22	44
Salt (g)	0.4	0.2	4

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

** RI Not Established

Salt content is due to naturally occurring sodium.

Ingredients: Wholegrain Oat Flakes (44%), Whey Protein Concentrate [Contains Emulsifier: **Soya Lecithin**] (Milk), Skim Milk Powder, Fructo-Oligosaccharide, Thickener [Carboxymethyl Cellulose, Xanthan Gum], Flavouring, Sweetener (Sucralose).

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

 Suitable for Vegetarians.

^CONTAINS NATURALLY OCCURRING SUGARS

OAT CEREAL WITH PROTEIN AND SWEETENER 60g



Remove lid and add 75-150ml of boiling water depending on desired consistency



Stir well and leave to stand for 1-2 minutes



Eat and Enjoy