

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!

EFFECTIVTM

FOLLOW US   

Manufactured and Distributed in the EU for
EFFECTIV NUTRITION
Unit 4a, Crown Rd, Festival Trade Park
Stoke-on-Trent ST1 5NJ
+44 (0) 1782 281222

www.EfectivNutrition.com



INSTANT Pro&Oats

It's porridge... with protein!

22g
PROTEIN

blueberry
FLAVOUR

^NO ADDED SUGAR

60g

READY IN 2 MINUTES  JUST ADD HOT WATER

PER 60 GRAM
SERVING

ENERGY
917Kj
218Kcal **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

Serving Size: 1 Pot (60g)

Servings Per Container 1

	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, Freeze Dried Blueberry Powder, 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