

RASPBERRY & WHITE CHOCOLATE FLAVOUR

RECOMMENDED USE: Mix 1 scoop with 200ml of water, milk or your favourite beverage in a shaker or blender. Consume 1 serving between meals and another immediately post exercise or physical activity.

NUTRITIONAL INFORMATION

Serving Size: 1 Scoop (30g)

Servings Per Container 67

	Per 100g	%RI*	Per 30g serving	%RI*
Energy	1599kJ	19%	479kJ	6%
	382kcal	19%	115kcal	6%
Fat	5.6g	8%	1.6g	2%
of which saturates	2.0g	10%	0.6g	3%
Carbohydrate	13.4g	5%	4.0g	2%
of which sugars	10.6g	12%	3.1g	4%
Protein (DB)	70.0g	140%	21.0g	42%
Salt	0.8g	13%	0.2g	4%

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

INGREDIENTS: Whey Protein Concentrate (Emulsifier (**Soya** Lecithin) (**Milk**), Whey Protein Isolate (**Milk**), **Milk** Protein Concentrate, Skim **Milk** Powder, Sunflower Oil Powder [High Oleic Sunflower Oil, Modified Starch, Anti Caking Agent (Silica)], Flavouring, Freeze Dried Raspberry Power, Thickener (Carboxymethyl Cellulose, Xanthan Gum), Sweetener (Sucralose), Salt.

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.



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