

100% WHEY

# PROTEIN ISOLATE

EFFECTIV<sup>®</sup>  
SPORTS NUTRITION

100% WHEY

# PROTEIN ISOLATE

RECOMMENDED USE: Mix 1 scoop with 150ml of water, milk or your favourite beverage with a spoon, shaker or blender.

## NUTRITIONAL INFORMATION

|                    | Serving Size: 1 Scoop (30g) |      | Servings Per Container 30 |      |
|--------------------|-----------------------------|------|---------------------------|------|
|                    | Per 100g                    | %RI* | Per 30g serving           | %RI* |
| Energy             | 1511kJ<br>361kcal           | 17%  | 453kJ<br>108kcal          | 5%   |
| Fat                | 0.5g                        | 0%   | 0.2g                      | 0%   |
| of which saturates | 0.3g                        | 0%   | 0.1g                      | 0%   |
| Carbohydrate       | 2.2g                        | 0%   | 0.7g                      | 0%   |
| of which sugars    | 0.1g                        | 0%   | 0.0g                      | 0%   |
| Protein (DB)       | 86.0g                       | 173% | 26.0g                     | 52%  |
| Salt               | 0.15g                       | 3%   | 0.04g                     | 1%   |

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

INGREDIENTS: Whey Protein Isolate [contains Emulsifier: **Soy Lecithin**] (**Milk**), Flavouring, Colour (Beetroot Red), 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     |
|---------------|-----------|-----------|
| Leucine       | 8.5       | 2.55      |
| Isoleucine    | 4.4       | 1.32      |
| Valine        | 4.3       | 1.29      |
| Aspartic Acid | 10.1      | 3.02      |
| Glutamic Acid | 14.6      | 4.39      |
| Serine        | 4.6       | 1.37      |
| Glycine       | 1.5       | 0.44      |
| Histidine     | 1.3       | 0.39      |
| Arginine      | 1.6       | 0.49      |
| Threonine     | 6.4       | 1.91      |
| Alanine       | 4.6       | 1.39      |
| Proline       | 5.2       | 1.55      |
| Tyrosine      | 2.6       | 0.77      |
| Methionine    | 2.0       | 0.59      |
| Cystine       | 2.2       | 0.65      |
| Phenylalanine | 2.7       | 0.80      |
| Lysine        | 7.9       | 2.37      |
| Tryptophan    | 1.7       | 0.52      |
| <b>Total</b>  | <b>86</b> | <b>26</b> |



5 060347 311769

EFFECTIV 100% WHEY PROTEIN ISOLATE contains only the finest free flowing Whey Protein Isolate produced using a premium microfiltration and spray drying process derived solely from EU grass fed dairy sources.

Each serving contains important Whey Protein peptide fractions such as Lactoferrin and Glycomacropetides and delivers 5g BCAA (Branch Chain Amino Acids) and 26g of highly bio-available protein to help support lean muscle growth.

Choose from an irresistible selection of zero sugar, low fat flavours to make a delicious high protein gourmet shake.

EFFECTIV<sup>™</sup>  
SPORTS NUTRITION

Manufactured and Distributed in the EU by  
EFFECTIV NUTRITION  
Tuscany House, Beata Road  
Chesterton, Newcastle-Under-Lyme  
Staffordshire, ST5 7UT  
+44 (0) 1782 281222

www.EfectivNutrition.com



#SHOWUS  
YOURSTRONG

FOLLOW US



STRAWBERRY CREAM FLAVOUR

26g PROTEIN

0g SUGAR

<1g FAT

908G

HIGH PROTEIN NUTRITION SHAKE WITH SWEETENER **908G**