

**RECOMMENDED USE:** As a supplement to your daily diet, mix 3 scoops (260g) with 500-600ml of cold water depending on your desired consistency. Mix water and EFECTIV MASS in a shaker. Additional servings may be used to meet your daily protein requirements.

# NUTRITIONAL INFORMATION

Serving Size: 3 Scoops (260g)

Per 100g

Per 260g

%RI\*/260g

Energy Kj	1620	4209	50%
Energy Kcal	385	1001	50%
Fat (g)	1.7	4.4	6%
of which saturates (g)	0.3	0.8	4%
Carbohydrates (g)	77.6	201.8	77.6%
of which sugars (g)	0.6	1.6	2%
Protein (DB) (g)	15.3	39.8	80%
Salt (g)	0.2	0.5	9%

<b>Minerals</b>			
Potassium (mg)	596	1550	77%
Calcium (mg)	230	598	75%
Magnesium (mg)	119	309	83%
Phosphorus (mg)	468	1217	174%
Manganese (mg)	1	3	130%
Zinc (mg)	3	8	78%
Chromium (mcg)	12	31	78%

<b>Vitamins</b>			
Thiamin (mg)	0.34	0.88	80%
Riboflavin (mg)	0.43	1.12	80%
Niacin (mg)	4.92	12.8	80%
Pantothenic Acid (mg)	1.85	4.8	80%
Vitamin B6 (mg)	0.43	1.12	80%
Vitamin B12 (µg)	0.77	2	80%
Vitamin C (mg)	24.62	64	80%
Vitamin D (µg)	1.54	4	80%
Vitamin E (mg)	3.69	9.6	80%

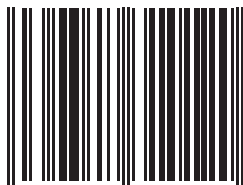
<b>Other Ingredients</b>			
Creatine Monohydrate (mg)	616	1600	
L-Glutamine (mg)	154	400	
Beta Alanine (mg)	77	200	

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

– RI Not Established

**INGREDIENTS:** Maltodextrin, Whey Protein Concentrate (**Milk**), **Milk** Protein Concentrate, Sunflower Oil Powder [High Oleic Sunflower Oil, Modified Starch, Anti Caking Agent (Silica)], Potassium Phosphate, Calcium Caseinate (**Milk**), **Egg** Albumin, Creatine Monohydrate, Colour (Beetroot Red), Flavouring, Calcium Carbonate, Magnesium Oxide, L-Glutamine, Beta Alanine, Thickener (Carboxymethyl Cellulose), Sweetener (Sucralose), Vitamin C (Ascorbic Acid), Zinc Gluconate, Vitamin E (dl-Alpha Tocopheryl Acetate), Manganese Gluconate, Vitamin B3(Nicotinamide), Vitamin B5 (Calcium D-Pantothenate), Vitamin D (Cholecalciferol), Vitamin B2 (Riboflavin-5'-phosphate sodium), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Chromium Picolinate.

**ALLERGEN STATEMENT:** For allergens see ingredients in **Bold**.



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**STRAWBERRY CREAM**