

A light chocolate coloured powder

Typically:

	per 55g	per 100g serving
Energy	913kj/218kcal	1660kj/396kcal
Protein	35.0g	63.7g
Carbohydrate	7.1g	12.9g
of which Sugars	2.6g	4.8g
Fat	5.5g	10g
of which Saturates	0.8g	1.4g
Magnesium	189mg	344mg
Salt	0.2g	0.5g

Amino Acid Profile

	per 55g	per 100g serving
Alanine	1.6g	2.8g
Arginine	1g	1.8g
Aspartic Acid	3.3g	6g
Cysteine	0.8g	1.4g
Glutamic Acid	7.3g	13.2g
Glycine	0.8g	1.4g
Histidine	0.6g	1.2g
Isoleucine	1.9g	3.4g
Leucine	3.5g	6.3g
Lysine	2.7g	4.9g
Methionine	0.6g	1.1g
Phenylalanine	1.3g	2.3g
Proline	2.4g	4.4g
Serine	1.8g	3.3g
Threonine	2.2g	4g
Tryptophan	0.5g	0.9g
Tyrosine	1.1g	2g
Valine	1.9g	3.4g

Ingredients:

Whey Protein Concentrate (Milk, Soya), Glutamine Peptides (Gluten), Cocoa Powder, Fine Oat Powder (Gluten), CLA (Conjugated Linoleic Acid), Flavouring, Tri-Calcium Phosphate, Stabiliser (Xanthan Gum), Vitamin and Mineral Premix (Maltodextrin, Vitamin C (Ascorbic Acid), Iron (Ferrous Citrate), Zinc Citrate, Vitamin E Acetate, Niacin (Nicotinamide), Selenium (L Selenomethionine), Manganese Bisglycinate, Calcium Pantothenate (Pantothenic Acid), Vitamin A Acetate, Copper Citrate, Vitamin B12 (Cyanocobalamin), Riboflavin, Vitamin B6 (Pyridoxine Hydrochloride), Thiamin Mononitrate, Chromium Picolinate, Folic Acid, Potassium Iodide, Vitamin D, Biotin), Magnesium Phosphate, Green Tea Extract, Sweetener (Sucralose).

Suitable for vegetarians.