

A pale yellow powder

Typically:

	per 30g	per 100g
Energy	475kj/114kcal	1584kj/378kcal
Protein	23g	76.6g
Carbohydrate	2.3g	7.5g
of which Sugars	2.3g	7.5g
Fat	1.4g	4.7g
of which Saturates	1.1g	3.6g
Magnesium	84mg	280mg
Salt	0.258g	0.859g

Amino Acid Profile

	Typically per 30g	Typically per 100g
Alanine	1.0g	3.5g
Arginine	0.5g	1.8g
Aspartic Acid	2.4g	8.0g
Cysteine	0.4g	1.3g
Glutamic Acid	4.0g	13.4g
Glycine	0.4g	1.3g
Histidine	0.4g	1.4g
Isoleucine*/**	1.5g	4.9g
Leucine*/**	3.0g	10.00g
Lysine*	1.8g	6.1g
Methionine*	0.4g	1.2g
Phenylalanine*	0.7g	2.3g
Proline	1.2g	4.2g
Serine	1.1g	3.6g
Threonine*	1.5g	5.0g
Tryptophan*	0.5g	1.8g
Tyrosine	0.6g	2.2g
Valine*/**	1.5g	4.9g

* = Essential Amino Acid ** = BCAA

Ingredients

Whey Protein Blend (Whey Protein Concentrate (**Milk, Soy**), Whey Protein Isolate (**Milk, Soy**)), Branched-chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Flavouring, Magnesium Citrate, Stabiliser (Xanthan Gum), Natural Colour (Beta Carotene), Artificial Sweetener (Sucralose).

Suitable for vegetarians.