

A light chocolate coloured powder

**Typically:**

	<b>Per 30g</b>	<b>Per 100g</b>
Energy	473kj/113kcal	1577kj/377kcal
Protein	22.3g	74.3g
Carbohydrate	2.2g	7.5g
of which Sugars	2.0g	6.6g
Fat	1.5g	4.9g
of which Saturates	1.1g	3.6g
Magnesium	95.6mg	318.7mg
Salt	0.23g	0.768g

	<b>per 30g</b>	<b>per 100g</b>
Alanine	1.0g	3.3g
Arginine	0.5g	1.8g
Aspartic Acid	2.3g	7.6g
Cysteine	0.4g	1.3g
Glutamic Acid	3.8g	12.7g
Glycine	0.4g	1.3g
Histidine	0.4g	1.4g
Isoleucine*/**	1.5g	5.0g
Leucine*/**	3.0g	9.9g
Lysine*	1.8g	6.1g
Methionine*	0.3g	1.1g
Phenylalanine*	0.7g	2.3g
Proline	1.2g	3.9g
Serine	1.0g	3.3g
Threonine*	1.4g	4.6g
Tryptophan*	0.5g	1.7g
Tyrosine	0.6g	2.1g
Valine	1.5g	5.0g

\*=Essential Amino Acid \*\*=BCAA  
6g of Branch Chain Amino Acids per 30g serving

**Ingredients**

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

**Suitable for vegetarians.**