

A pale pink 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	84.0mg (22% NRV*)	280.0mg (74% NRV*)
Salt	0.258g	0.859g

*NRV=Nutrient Reference Value

*When prepared in water

Amino Acid Profile

	per 30g	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	10.0g
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

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, Natural Colour (Beetroot Red), Magnesium Citrate, Stabiliser (Xanthan Gum), Acidity Regulator (Citric Acid), Artificial Sweetener (Sucralose).

Suitable for vegetarians.