

An off-white powder

Typically

	Per 30g	Per 100g
Energy	492kj/118kcal	1640kj/392kcal
Protein	23.6g	78.6g
Carbohydrate	2.4g	8.1g
of which Sugars	2.4g	8.1g
Fat	1.5g	5.0g
of which Saturates	1.1g	3.8g
Salt	0.272g	0.906g

Amino Acid Profile Typically:

	per 30g	per 100g
Alanine	1.0g	3.5g
Arginine	0.6g	1.9g
Aspartic Acid	2.5g	8.2g
Cysteine	0.4g	1.3g
Glutamic Acid	4.1g	13.7g
Glycine	0.4g	1.3g
Histidine	0.4g	1.5g
Isoleucine	1.5g	5.0g
Leucine	3.0g	9.9g
Lysine	1.9g	6.4g
Methionine	0.4g	1.2g
Phenylalanine	0.7g	2.4g
Proline	1.3g	4.4g
Serine	1.1g	3.6g
Threonine	1.6g	5.2g
Tryptophan	0.6g	1.9g
Tyrosine	0.7g	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).

Suitable for vegetarians.