

A pale beige powder

	<b>Per 30g</b>	<b>Per 100g</b>
Energy	497kJ/119kcal	1656kJ/396kcal
Protein	23.4g	78.0g
Carbohydrate	1.9g	6.4g
of which Sugars	1.5g	5.1g
Fat	1.9g	6.4g
of which Saturates	0.8g	2.7g
Magnesium	93.8mg	312.6mg
Salt	0.1g	0.373g

**Typically:**

	<b>per 30g</b>	<b>per 100g</b>
Alanine	1.17g	3.9g
Arginine	0.49g	1.64g
Aspartic Acid	2.57g	8.58g
Cysteine	0.51g	1.72g
Glutamic Acid	4.24g	14.12g
Glycine	0.33g	1.09g
Histidine	0.4g	1.33g
Isoleucine	1.5g	4.99g
Leucine	2.48g	8.27g
Lysine	2.25g	7.49g
Methionine	0.51g	1.72g
Phenylalanine	0.7g	2.34g
Proline	1.29g	4.29g
Serine	1.08g	3.59g
Threonine	1.57g	5.23g
Tryptophan	0.33g	1.09g
Tyrosine	0.61g	2.03g
Valine	1.38g	4.6g

**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.**