## Nutritional Information

Serving Size: 32g (1 scoop) Servings Per Container: 30	AVG QTY per serving	AVG QTY per 100 g
ENERGY	528 kJ	1680 kJ
	126 Cal	401 Cal
PROTEIN	23.7 g	74.2 g
FAT TOTAL	1.9 g	5.9 g
- SATURATED	1.3 g	4.1 g
CARBOHYDRATES	3.4 g	10.5 g
- SUGAR	1.5 g	4.8 g
SODIUM	43 mg	135 mg

COMPOSITION INFORMATION:		
Glycine*	5000 mg	15600 mg
IBCAA 2:1:1 (L-Leucine*, L-Isoleucine,	1000 mg	3130 mg
L-Valine)		
DigeZyme® (Multienzyme Complex	100 mg	310 mg
(Alpha Amylase, Acid Protease,		
Cellulase, Lactase, Lipase))		

<sup>\*</sup>Please note, items with \*asterisk are higher than the maximum that can be claimed under Formulated Supplementary Sports Food. The maximum amount that may be added to a one-a-day quantity for L-Leucine is 490 mg and Glycine is 1500 mg

## INGREDIENT LISTING:

Whey Protein Blend 70% [Whey Protein Concentrate (Milk), Whey Protein Isolate (Milk), Emulsifiers (Soy Lecithin, Sunflower Lecithin)], Glycine, Cocoa Powder (5%), Flavour, Instantised Branched Chain Amino Acids (IBCAA) 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), DigeZyme® (Multienzyme Complex (Alpha Amylase, Acid Protease, Cellulase, Lactase, Lipase)), Sweetener (Sucralose), Sodium Chloride.



NOT SUITABLE FOR CHILDREN UNDER 15 YEARS OF AGE. NOT SUITABLE FOR PREGNANT WOMEN SHOULD ONLY BE USED UNDER MEDICAL OR DIETETIC SUPERVISION.

ALLERGEN STATEMENT: MILK AND SOY.

## SERVING SUGGESTION:

Mix 1 serve (32 g) into 300 mL of water EQUIVALENT TO 1 SCOOP. Do not consume more than 1 servings per day. Must be consumed immediately after make up. Do not consume if left longer than 4 hours.





