Nutritional Information

Serving Size: 32g (1 scoop) Servings Per Container: 30	AVG QTY per serving	AVG QTY per 100 g
ENERGY	528 kJ	1650 kJ
	126 Cal	394 Cal
PROTEIN	24.2 g	75.6 g
FAT TOTAL	1.6 g	5.0 g
- SATURATED	1.1 g	3.5 g
CARBOHYDRATES	3.2 g	10.1 g
- SUGAR	2.11 g	6.6 g
SODIUM	51 mg	161 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))		

^{*}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 73% [Whey Protein Concentrate (Milk), Whey Protein Isolate (Milk), Emulsifiers (Soy Lecithin, Sunflower Lecithin)], Glycine, Flavour, Instantised Branched Chain Amino Acids (IBCAA) 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), Thickeners (Guar Gum, Xanthan Gum), 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.





