

Nutrition Information

Servings per Container/Bag: approx. 27

Serving size: 4 scoops (250g)

	Quantity per Serving	Per 100g Serving
Energy	4055 kJ (970 Cal)	1622 kJ (388 Cal)
Protein	50 g	20 g
Total Fat	3 g	1 g
Saturated Fat	2 g	1 g
Total Carbohydrate	185 g	74 g
Sugars	76 g	30 g
Dietary Fibre, total	1 g	0 g
Sodium	480 mg	192 mg

All specified values are averages

A combination of complete (bonded amino acids) and free form amino acids make up the claimed protein content.

Ingredients: GLYCO FREAK™ Carbohydrate Complex (Maltodextrin, Waxy Maize, Fructose), Protein Complex [Whey Protein Concentrate*, Whey Protein Isolate*, Micellar Casein*, Whey Protein Hydrolysate*, Egg Albumin], Essential Fatty Acid Blend (Flax Seed Oil Powder providing MCT's), Emulsifier (Fibre Complex [Inulin, Apple Pectin]), Amino Acid Complex (Glycine, Glutamine, Leucine, Isoleucine, Valine), Enzyme (Bromelain), Emulsifier (Soy Lecithin), Natural and Artificial Flavour, Sweeteners (Acesulfame Potassium, Sucralose).

***From milk**

Allergy warning: Contains ingredients from Milk, Eggs and Soy. Made in a plant that also processes eggs, peanuts, tree nuts, fish, crustaceans/shellfish and wheat products.