

WHEY PROTEIN

CHOCOLATE 1kg - 21g Protein per serve

DIRECTIONS:

Mix 3 scoops/30g (scoop included) with 200ml of water or skim milk. Shake well. Consume within 12 hours of mixing.

RECOMMENDED USE:

Take 1 - 3 servings per day depending on your diet and activity level.

Use 60 – 90 minutes prior to exercise and within 30 minutes after exercise.



PREMIUM INGREDIENTS



GLUTEN FREE



NO ADDED COLOUR



PRESERVATIVE FREE

Made in New Zealand from imported & local ingredients. All claims are for the product when prepared as directed. See base for product best before date. Store in a cool, dry place. If conditions are humid we advise storing in an airtight container or refrigerating.



NEW ZEALAND.COM

Licence No.100155

Made in New Zealand

NUTRITION INFORMATION

Servings per package:33.3 Serving size:30g
30g + 200ml water = 220ml prepared

	Avg Quantity Per Serving	Avg Quantity Per 100ml
Energy	501kJ (120Cal)	228kJ (54Cal)
Protein, total	21.2g	9.6g
- BCAA#	5.2g	2.4g
- gluten	0.0mg	0.0mg
Fat, total	2.0g	0.9g
- saturated	1.6g	0.7g
Carbohydrate	3.4g	1.6g
- sugars	1.7g	0.8g
- lactose	1.6g	0.7g
Dietary fibre	0.9g	0.4g
Sodium	38mg	17mg
Potassium	185mg	84mg
Calcium	108mg (15%RDI*)	49mg

RDI*: Recommended Dietary Intake

BCAA#: Branched Chain Amino Acids

INGREDIENTS: Instant Whey Protein Concentrate (86%) (From **Milk**, Contains Sunflower Lecithin), Organic Raw Cacao Powder (8%), Natural Flavours (Contain **Milk**), Natural Stevia Sweetener (Steviol Glycosides). **Contains Milk Products.**