

BLACKCURRENT RECOVERY

BLACKCURRANT 200g - 33 servings

DIRECTIONS:

For **general wellbeing**, mix 1 heaped teaspoon with an adequate intake of fluid (water, juice or in a smoothie) and mix well in a glass or shaker.

For **sport & exercise**, mix 1 heaped teaspoon with an adequate intake of fluid (water, juice or in a smoothie) and mix well in a glass or shaker and consume before or after exercise.



PREMIUM INGREDIENTS



GLUTEN FREE



VEGAN FRIENDLY



NO ADDED COLOUR



DAIRY FREE



PRESERVATIVE FREE



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Licence No.100155

Made in New Zealand

Made in New Zealand from local ingredients.
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.

NUTRITION INFORMATION

Servings per package:33
(1 heaped teaspoon)

Serving size:6g

	Avg Quantity Per Serving	Avg Quantity Per 100g
Energy	57 kJ (14 Cal)	941 kJ (225 Cal)
Protein, total	0.2 g	3.6 g
- gluten	0.0 mg	0.0 mg
Fat, total	0.1 g	1.8 g
- saturated	0.0 g	0.3 g
Carbohydrate	2.2 g	36.5 g
- sugars	2.2 g	36.2 g
Dietary Fibre	1.4g	9mg
Sodium	1 mg	40 mg
Potassium	77 mg	1290 mg
Vitamin C	42 mg (104%RDI)	696 mg
Anthocyanins	150 mg	2490 mg

RDI*: Recommended Dietary Intake

BCAA#: Branched Chain Amino Acids

INGREDIENTS: 100% Freeze Dried Ben Ard Blackcurrants.