

EXERCISE RECOVERY DRINK

HONEY/CHOCOLATE 740g - 16g Protein per serve

DIRECTIONS:

Mix 7 scoops (included) with 400ml - 500ml of water. Shake well. Consume within 2 hours of mixing, or up to 24 hours if refrigerated.

RECOMMENDED USE:

For optimal results use immediately after hard or prolonged exercise. Up to 2 servings per day.

We recommend adding 1 teaspoon of PURE Blackcurrant Recovery Powder to optimise recovery and performance.



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.



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NUTRITION INFORMATION

Servings per package:10 Serving size:74g
74g + 450ml water = 500ml prepared

	Avg Quantity Per Serving	Avg Quantity Per 100ml
Energy	967 kJ (231 cal)	192 kJ (46 cal)
Protein	16 g	3.2 g
- Gluten	0 g	0 g
Fat Total	7.4 g	1.4 g
- Saturated	4.6 g	0.9 g
- Trans Fats	0 g	0 g
Carbohydrate Total	41.3 g	8.2 g
- Natural Sugars	41.3 g	8.2 g
- Honey	15 g	3 g
Sodium	200 mg	40 mg
Potassium	1080 mg	216 mg
Magnesium	70 mg	14 mg
Calcium	675 mg	135 mg

INGREDIENTS: Skim Milk Powder, Whole Milk Powder, Multi-Flora Manuka Honey Powder (20%), Organic Cacao Powder (5%), Natural Chocolate Flavour. **Contains Milk Products.**