

Dietary supplement with vitamins, minerals and protein.

## Strawberry Flavour

**Ingredients:** Gluten Free Oat Flour, Maltodextrin, Whey Protein Isolate (**MILK**) (14%), Pea Protein Isolate (14%), Medium Chain Triglycerides Powder, Branch Chained Amino Acid Powder (L-Leucine, L-Isoleucine, L-Valine), L-Glutamine, Natural Flavouring, Flaxseed Powder. Vitamin & Mineral mix: Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Pyroxidine (Vitamin B6), Biotin (Vitamin B7), Folic Acid (Vitamin B9), Cyanocobalamin (Vitamin B12), Vitamin C, Cholecalciferol (Vitamin D3), Magnesium (as Magnesium Carbonate), Potassium (as Potassium Chloride), Zinc (as Zinc Sulphate), Iron (as Ferric Pyrophosphate), Phosphorus (as Trisodium Phosphate), Calcium (as Calcium Carbonate). Thickener (Xanthan Gum), Sweetener (Sucralose), Colour (Beetroot Red).

**Formulated and manufactured in the United Kingdom and distributed by:** Youth Sport Nutrition, Unit S2, George Stevenson Business Park, Newcastle Upon Tyne, NE12 6DU.

**Serving suggestion:** Add 500ml cold water first, then 1 x 50g scoop of PRO-TEEN. Add 3 ice cubes (optional), before blending or shaking vigorously for 10 seconds. The amount of PRO-TEEN required depends on your daily requirements. You can adjust the ratio of liquid to PRO-TEEN for the consistency you require. Serving suggestion based on 12+ years old.

**Guidance Notice:** This product is not recommended for young children under 12 years of age or for women who are pregnant or nursing.

**Storage:** Store in a dry, cool environment, away from direct sunlight. Once mixed with water, it should be consumed within a few hours, or if refrigerated, within 24 hours. Shake again before use.

**Batch and Best Before Date printed on the bottom right of this pouch**

**PRO-TEEN®**

## Supplement Facts

10 servings per container

**Serving Size: 1 scoop (50g)**

**Amount per serving**

**Calories 199**

|                             |             | %DailyValue* |
|-----------------------------|-------------|--------------|
| <b>Total Fat</b>            | 2.9 g       | 4%           |
| Saturated Fat               | 1.4 g       | 7%           |
| Polyunsaturated             | 7.5 g       |              |
| Monounsaturated             | 8.7 g       |              |
| <b>Cholesterol</b>          | 0 mg        | 0%           |
| <b>Sodium</b>               | 50 mg       | 2%           |
| <b>Total Carbohydrate</b>   | 21 g        | 8%           |
| Dietary Fiber               | 1.3 g       | 5%           |
| Total Sugars                | 2.4 g       | 4%           |
| Incl. Added Sugars          | 0 g         | 0%           |
| <b>Protein</b>              | 21 g        | 42%          |
| Vitamin C                   | 64 mg       | 71%          |
| Vitamin D <sub>3</sub>      | 4.2 mcg     | 21%          |
| Thiamin                     | 0.9 mg      | 75%          |
| Riboflavin                  | 1.2 mg      | 92%          |
| Niacin                      | 13.4mg NE   | 84%          |
| Vitamin B <sub>6</sub>      | 1.2 mg      | 71%          |
| Folic acid                  | 280 mcg DFE | 70%          |
| Vitamin B <sub>12</sub>     | 1.5 mcg     | 63%          |
| Biotin                      | 42 mcg      | 140%         |
| Pantothenic acid            | 5.4 mg      | 108%         |
| Calcium                     | 773 mg      | 59%          |
| Iron                        | 11.7 mg     | 65%          |
| Phosphorus                  | 504 mg      | 40%          |
| Magnesium                   | 300 mg      | 71%          |
| Zinc                        | 8 mg        | 72%          |
| <b>Additional Nutrition</b> |             |              |
| Omega-3 Fatty Acids         | 870 mg      | **           |
| Omega-6 Fatty Acids         | 750 mg      | **           |
| Medium Chain Triglycerides  | 1.4 g       | **           |
| L-Glutamine                 | 3.6 g       | **           |
| L-Leucine                   | 6.9 g       | **           |
| L-Valine                    | 1.7 g       | **           |
| L-Isoleucine                | 1.7 g       | **           |

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established

