

Performance

Best served ice cold with milk/water

WHEN TO TAKE



MOST BENEFICIAL TIME
2 scoops.

BEFORE BED TIME



AFTER WORKOUTS

1-2 scoops
after workouts.

AS BREAKFAST

1-2 scoops
when hungry.

HOW TO MAKE



Add ice and a small amount of water/milk
Add 1-2 scoops of performance shake
Top up with milk/water to 225-250 ml.
Make to taste.

Suggest 200ml serving size if you prefer rich and thick. Can always add more water/milk if too thick, or if to weak add more powder. Store as or below 25°C. Refrigerate once opened.



CAFFEINE FREE



GLUTEN FREE



PRESERVATIVE FREE



Supplement Facts

Serving Size: 33g (approx 1 heaped scoop)

Ingredients	Per scoop	per 100g serving	%RDA per scoop
Calories	120	363,6	
Calories from Fat	15	45,5	
			DV%
Total Fat	1,6 g	4,8 g	2%
Saturated Fat	0,5 g	1,5 g	2%
Trans Fat	0g	0 g	
Cholesterol	2,6 mg	7,87 mg	1%
Sodium	189mg	572,7 mg	8%
Potassium	610mg	1,85 g	17%
Total Carbohydrate	15g	45,5 g	5%
Dietary Fibre	1 g	3 g	4%
Sugars	12 g	36,4 g	
Protein	12 g	36g	24%
Vitamin A	333 µgRE	1000 µgRE	33%
Vitamin C	20 mg	60 mg	33%
Calcium	315 mg	945 mg	39%
Iron	6,7 mg	20 mg	48%
Vitamin D3	1,7 µg	5 µg	33%
Vitamin E	3,3 mg a-TE	10 mg a-TE	33%
Vitamin B1	0,5 mg	1,4 mg	33%
Vitamin B2	0,5 mg	1,6 mg	33%
Vitamin B3	6 mg	18 mg	33%
Vitamin B6	0,7 mg	2 mg	33%
Folic Acid	66,7 µg	200 µg	33%
Vitamin B12	0,33 µg	1 µg	33%
Biotin	33,3 µg	100 µg	33%
Pantothenic Acid	2 mg	6 mg	33%
Phosphorus	200 mg	600 mg	25%
Iodine	50 µg	150 µg	33%
Magnesium	134 mg	402 mg	45%
Zinc	5,3 mg	16 mg	36%
Selenium	50 mcg	150 mcg	
*Copper	1,3mg	4 mg	
*Manganese	1,3mg	4 mg	
*Chromium	50 mcg	150 mcg	
*Molybdenum	80 mcg	240 mcg	
*Chloride	600 mg	1800 mg	

*RDA has not been established. The food and Nutrition Board of the National Research Council Considers these quantities of essential trace elements to be in the range required in an adult diet. Percentage Daily Values are based on a 2,000 calorie diet.

Total Fat	Calories	2,000	2,500
Less than	65 g	80 g	
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrates		300 g	375 g
Dietary Fibre		25 g	30 mg
Protein		50 g	65 g

INGREDIENTS: PREMIUM PROTEIN BLEND*

(Calcium Caseinate, Whey Protein Concentrate, Soy Protein), Skim Milk Powder, Fructose, Maltodextrin, Trisodium Citrate, Soy Lecithin, Sucralose, Acesulfame Potassium.

Additional Ingredients below applicable only to this product flavor:

Chocolate Flavor: Cocoa Powder, Natural Chocolate Flavoring

Vanilla Flavor: Natural Vanilla Flavoring

Strawberry Flavor: Beet Root Powder, Natural Strawberry Flavoring

CONTAINS: MILK AND SOY INGREDIENTS.

Distributed by: P2Life (Pty) Ltd. PO Box 30043 Tokai, 7966. Tel: 021 702 3910

Ultima Performance is excellent for all ages, nursing mothers, pregnant women and children.

Note: If on any medication, advise your medical professional. As your health improves, your doctor may need to adjust your medication.

*This product has not been evaluated by the Medicines Control Council and is not intended to diagnose, treat, cure or prevent any disease.