

A source of high quality nutrients including vitamins, minerals and protein.

Milk Chocolate Flavour

Milk chocolate flavour whey & pea protein drink mix powder food supplement with sweetener and added vitamins

Making the perfect *PRO-TEEN*® shake:

Add: 400-500ml ice cold water or milk to your shaker after intense exercise
 + **Add** 1 x 50g scoop of *PRO-TEEN*®
 + **Shake** hard for 10 seconds
 + **Drink** up!



Top tips:

+ Add ice cubes, and mix in blender
 + Too thick? Add more liquid
 + Too thin? Use less next time
 + Use no more than 1 x 50g serving daily

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, Cocoa Powder, 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).

Serving scoop included but may have settled to the bottom of the pouch during transit.

Allergen information: Please refer to ingredients listed in bold.

Storage: Store in a cool dry place.

Product Information: Food supplements should not be used as a substitute for a varied and balanced diet & healthy lifestyle. Store out of reach of young children. Do not exceed recommended daily intakes.

PRO-TEEN®

Produced to ISO22000, ISO9001, GMP and HACCP standards.

Formulated and manufactured on behalf of: Youth Sport Nutrition Ltd., PO BOX 347, Newcastle Upon Tyne, NE6 9BT.

PRO-TEEN is a trademark of Youth Sport Nutrition Ltd. **The Batch and Best Before Date are printed to the bottom right of this label.**

Nutrition

Serving Size: 50g Scoop

Typical Values	Per 100g	%RI Per 100g	Per Serving	%RI* Per Serving
Energy (kJ)	1682		841.0	10%
(kcal)	398		199	10%
Fats (g)	7.1		3.6	4%
...of which saturates (g)	3.6		1.8	7%
Carbohydrates (g)	42.6		21	8%
...of which sugars (g)	4.1		2.1	2%
Fibre (g)	3		1.5	
Protein (g)	42		21	42%
Salt (g)	1		0.5	8%

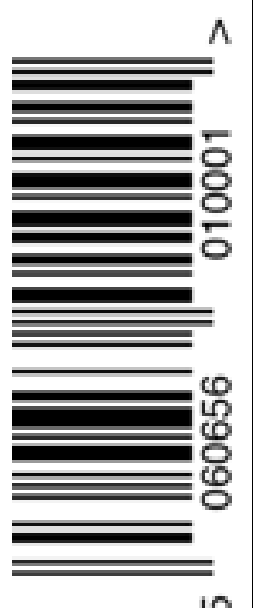
*RI = Reference Intake of an average adult (8400 kJ/2000 kcal)

Vitamins and minerals

Thiamine, <i>mg</i>	1.8	164%	0.9	82%
Riboflavin, <i>mg</i>	2.4	171%	1.2	86%
Niacin, <i>mgNE</i>	26.8	168%	13.4	84%
Pantothenic Acid, <i>mg</i>	10.8	180%	5.4	90%
Vitamin B ₆ , <i>mg</i>	2.4	171%	1.2	86%
Biotin, <i>µg</i>	84	168%	42	84%
Folic Acid, <i>µg</i>	336	168%	168	84%
Vitamin B ₁₂ , <i>µg</i>	3	120%	1.5	60%
Vitamin C, <i>mg</i>	128	160%	64	80%
Potassium, <i>mg</i>	1427	71%	714	36%
Zinc, <i>mg</i>	16	160%	8	80%
Iron, <i>mg</i>	23.4	167%	11.7	84%
Vitamin D, <i>µg</i>	8.4	168%	4.2	84%
Calcium, <i>mg</i>	1545	193%	773	97%
Phosphorus, <i>mg</i>	1008	144%	504	72%
Magnesium, <i>mg</i>	600	160%	300	80%

Additional Nutrition:

Omega-3 (mg)	1740	870
Omega-6 (mg)	1500	750
L-Glutamine (g)	7.2	3.6
L-Leucine (mg)	13.6	6.8
L-Valine (mg)	3.4	1.7
L-Isoleucine (mg)	3.4	1.7



Vegetarian, no added sugar, and gluten free.

1kg e (20 Servings)