

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

Banana Flavour

Banana flavour drink mix powder with sweetener and added vitamins + minerals

Making the perfect **NUTRI-TEEN®** shake:

Add: 400-500ml ice cold water (or milk) to your shaker after intense exercise
+ **Add** 1 x 50g scoop of **NUTRI-TEEN®** Powder
+ **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: Pea Protein Isolate, Natural Flavouring, Gluten Free **Oat** Flour, Medium Chain Triglycerides (Coconut Oil Powder), Brown Rice Protein, Flaxseed Powder, Thickener (Xanthan Gum). Vitamin & Mineral mix: Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Pyridoxine Hydrochloride (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). Sweetener (Steviol Glycosides).

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: Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Nutrition



Serving Size: 50g Scoop

Typical Values	Per 100g	%RI Per 100g	Per Serving	%RI* Per Serving
Energy (kJ)	1550	18%	775	9%
(kcal)	370	18%	185	9%
Fats (g)	6.6	10%	3.3	5%
...of which saturates (g)	0.6	3%	0.3	1.5%
Carbohydrates (g)	38	14%	19	7%
...of which sugars (g)	5.8	6%	2.9	3%
Fibre (g)	3.2		1.6	
Protein (g)	40	80%	20	40%
Salt (g)	0.8	12%	0.4	6%

*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>mg</i>	26.8	168%	13.4	84%
Pantothenic Acid, <i>mg</i>	10.8	180%	5.4	90%
Vitamin B6, <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 B12, <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-Leucine (g)	3.2	1.6
L-Valine (g)	2	1
L-Isoleucine (g)	3.4	1.7



500g e (10 Servings)

NUTRI-TEEN™

SHAKE



Produced to ISO22000, ISO9001, GMP and HACCP standards.

Formulated and manufactured on behalf of: Youth Sport Nutrition Ltd., Unit 6, Franklin Park, Blaydon-On-Tyne, NE21 5TL.

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

Banana Flavour

Ingredients : Pea Protein Isolate, Natural Flavouring, Gluten Free **Oat** Flour, Medium Chain Triglycerides (Coconut Oil Powder), Brown Rice Protein, Flaxseed Powder, Thickener (Xanthan Gum). Vitamin & Mineral mix: Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Pyridoxine Hydrochloride (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). Sweetener (Steviol Glycosides).

Formulated and manufactured in the United Kingdom and distributed by : Youth Sport Nutrition Ltd., Unit 6, Franklin Park, Blaydon-On-Tyne, NE21 5T, UK.

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

Product Information: Women who are pregnant or nursing and children should consult their doctor before consuming NUTRI-TEEN. For children using NUTRI-TEEN, please see the advice on youthsportnutrition.com

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.

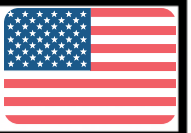
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NUTRI-TEEN[™]

SHAKE



Nutrition Facts



10 servings per container

Serving Size: 1 scoop (50g)

Amount per serving

Calories

185

%DailyValue*

Total Fat	3.3	5%
Saturated Fat	0.3	2%
Polyunsaturated	7.5 g	
Monounsaturated	8.7 g	
Cholesterol	0 mg	0%
Sodium	40 mg	2%
Total Carbohydrate	19 g	6%
Dietary Fiber	1.3 g	5%
Total Sugars	2.9 g	4%
Incl. Added Sugars 0 g	0 g	0%
Protein	20 g	40%
Vitamin C	64 mg	71%
Vitamin D ₃	4.2 mcg	21%
Thiamin	0.9 mg	75%
Riboflavin	1.2 mg	92%
Niacin	13.4mg NE	84%
Vitamin B ₆	1.2 mg	71%
Folic acid	280 mcg DFE	70%
Vitamin B ₁₂	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%

Additional Nutrition

Omega-3 Fatty Acids	870 mg	**
Omega-6 Fatty Acids	750 mg	**
L-Leucine	1.6 g	**
L-Valine	1 g	**
L-Isoleucine	1.7 g	**

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

** Daily Value (DV) not established