

KEY INGREDIENT BENEFITS OF PRO-TEEN

IMMUNE SYSTEM

Vitamin C contributes to the normal function of the immune system.

2

MEMORY & CONCENTRATION

Zinc and Iron contribute to normal cognitive function - This can be essential for youth athletes' concentration at college or school after sport.

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IRON

PRO-TEEN® contains iron as it is a common deficiency for girls in sport. Each serving contains upto 84% of the daily reference intake.

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TIREDNESS & FATIGUE

Magnesium, Niacin, Pantothenic acid, Riboflavin, Vitamin B6, Vitamin B12 and Vitamin C contribute to the reduction of tiredness and fatigue.

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BONE BUILDER

Vitamin D, Calcium and Phosphorus are needed for the normal growth and development of bone in children.

PROTEIN

Protein contributes to growth & maintenance of muscle.

CARBOHYDRATES

Your body needs to replenish its glycogen stores immediately after exercise. Consuming carbohydrates with protein may also support absorption and uptake.

*RI = (Reference Intake) per 50g serving.

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

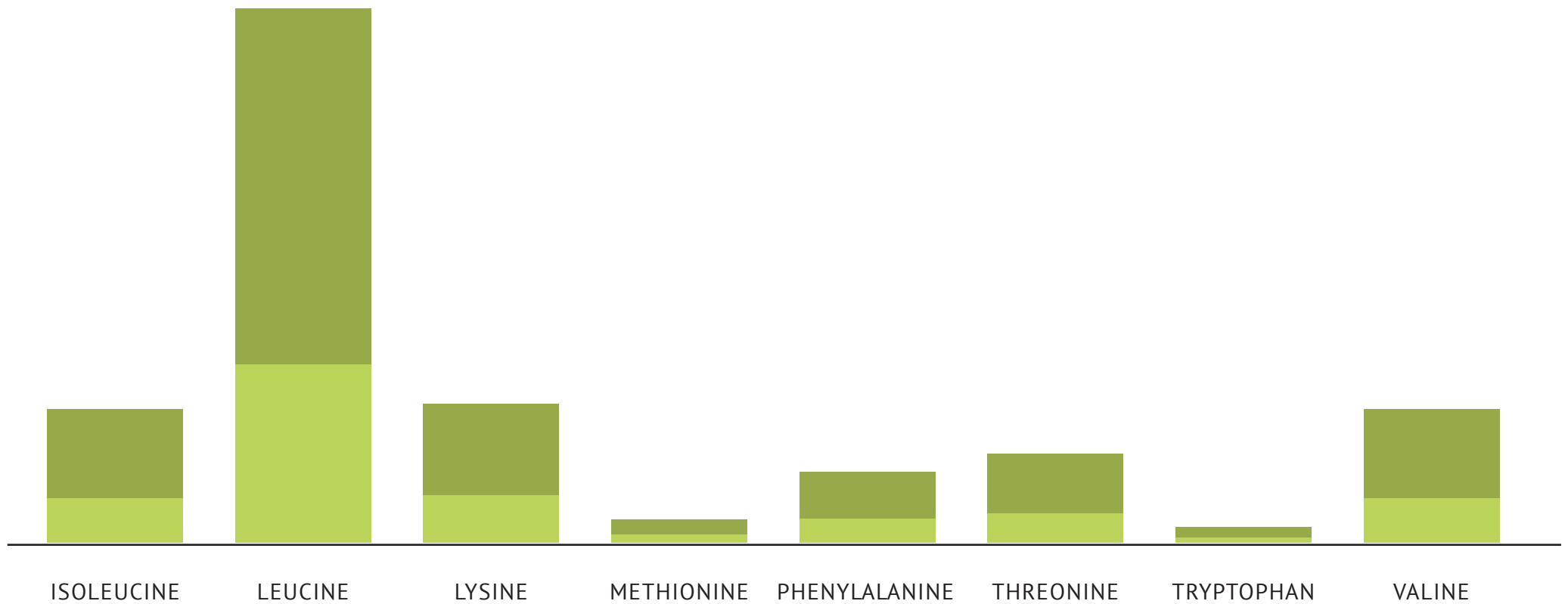
FULL LIST OF INGREDIENTS

Ingredients (all flavours): 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 (Milk Chocolate version only), Natural Flavouring, Flaxseed Powder, Colour Beetroot Red (Strawberry version only).

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).

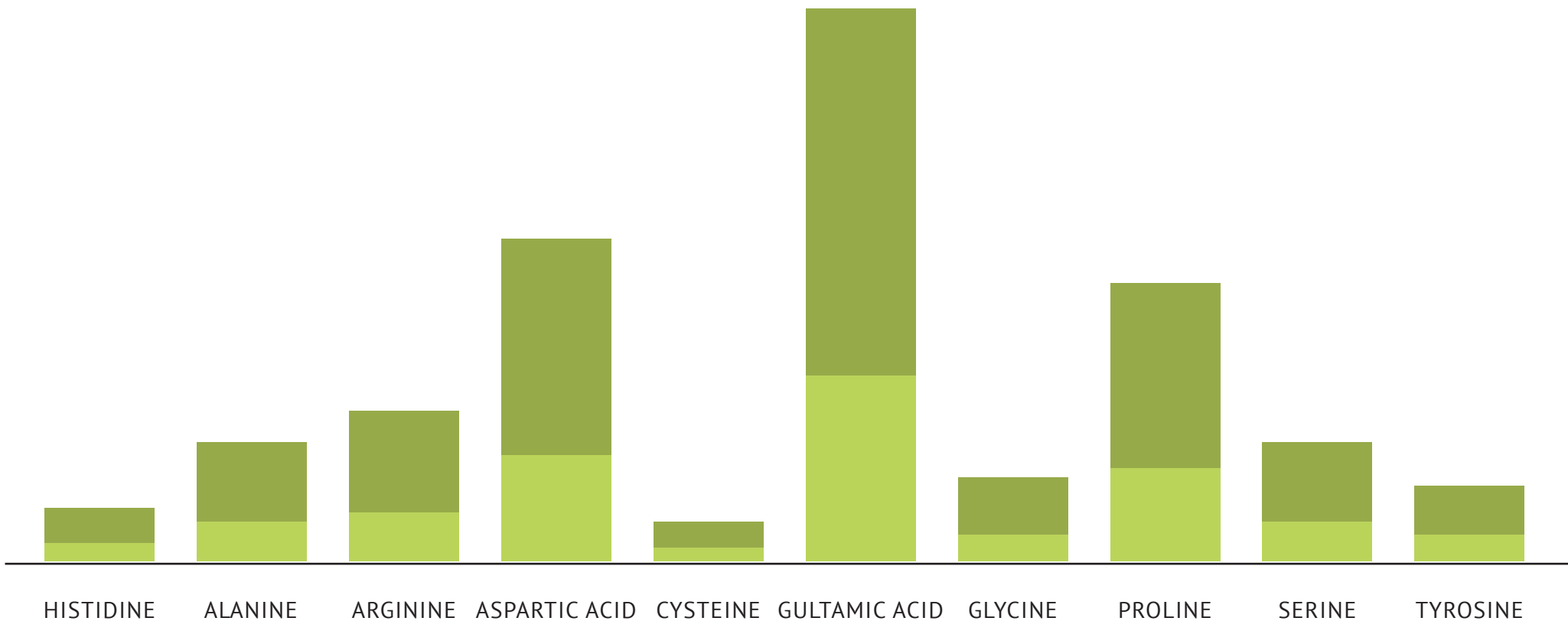
*Note: For allergens see ingredients in **BOLD**.*





ESSENTIAL AMINO ACIDS

● Per 50g Serving ● Per 100g



NON-ESSENTIAL AMINO ACIDS

● Per 50g Serving ● Per 100g



VITAMINS & MINERALS

	50g Per Serving	%RI Per Serving
Thiamine	0.9	82%
Ribovlavin	1.2	86%
Niacin	13.4	84%
Pantothenic	5.4	90%
Vitamins	1.2	86%
Biotin	42	84%
Folic Acid	168	84%
Vitamin B12	1.5	60%
Vitamin C	64	80%
Pottassium	714	36%
Zinc	8	80%
Iron	11.7	84%
Vitamin D	4.2	84%
Calcium	773	97%
Phosphorus	504	72%
Magnesium	300	80%