

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), 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). 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., Unit S2 George Stephenson Business Park, Newcastle Upon Tyne, NE6 1DU. 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%

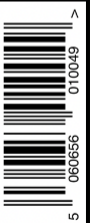
*RI = Reference Intake of an average adult (8400 kJ/2000 kcal)

Vitamins and minerals

Thiamine, mg	1.8	164%	0.9	82%
Riboflavin, mg	2.4	171%	1.2	86%
Niacin, mg	26.8	168%	13.4	84%
Pantothenic Acid, mg	10.8	180%	5.4	90%
Vitamin B6, mg	2.4	171%	1.2	86%
Biotin, µg	84	168%	42	84%
Folic Acid, µg	336	168%	168	84%
Vitamin B12, µg	3	120%	1.5	60%
Vitamin C, mg	128	160%	64	80%
Potassium, mg	1427	71%	714	36%
Zinc, mg	16	160%	8	80%
Iron, mg	23.4	167%	11.7	84%
Vitamin D, µg	8.4	168%	4.2	84%
Calcium, mg	1545	193%	773	97%
Phosphorus, mg	1008	144%	504	72%
Magnesium, mg	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 (g)	13.6	6.8
L-Valine (g)	3.4	1.7
L-Isoleucine (g)	3.4	1.7



Vegetarian, no added sugar, and gluten free.

500g e (10 Servings)

Dietary supplement with vitamins, minerals and protein.

Milk Chocolate Flavour

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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

	%Daily Value*	
Total Fat	3.6 g	5%
Saturated Fat	1.8 g	9%
Polyunsaturated	7.5 g	
Monounsaturated	8.7 g	
Cholesterol	0 mg	0%
Sodium	50 mg	2%
Total Carbohydrate	21 g	8%
Dietary Fiber	1.5 g	5%
Total Sugars	2.1 g	4%
Incl. Added Sugars	0 g	0%
Protein	21 g	42%
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	**
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

