

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

Vanilla Flavour

Vanilla 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, 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)	1683		841.5	10%
(kcal)	398		199	10%
Fats (g)	5.7		2.9	4%
...of which saturates (g)	2.84		1.4	7%
Carbohydrates (g)	42		21	8%
...of which sugars (g)	4.8		2.4	2%
Fibre (g)	2.6		1.3	
Protein (g)	42		21	42%
Salt (g)	0.91		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.

Vanilla Flavour

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, Natural Flavouring, Flaxseed Powder. Vitamin & Mineral mix: Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic Acid (Vitamin B5), Pyridoxine (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).

Formulated and manufactured in the United Kingdom and distributed by: Youth Sport Nutrition, Unit S2, George Stephenson 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®

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.**

Supplement Facts

10 servings per container

Serving Size: **1 scoop (50g)**

Amount per serving

Calories 199

	%DailyValue*
Total Fat	2.9 g 4%
Saturated Fat	1.4 g 7%
Polysaturated	7.5 g
Monounsaturated	8.7 g
Cholesterol	0 mg 0%
Sodium	50 mg 2%
Total Carbohydrate	21 g 8%
Dietary Fiber	1.3 g 5%
Total Sugars	2.4 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



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

Vanilla Flavour

Formulated Supplementary Food

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, 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: Recommended consumption is 1 serving per day.

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 Information

Servings per package: 10

Serving size: 1 scoop (50g)

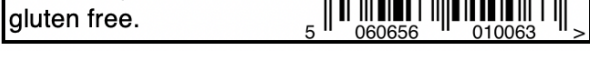
Average Values	Per serving	%RDI*	Per 100g
(kcal)	199		398
Fats (g)	2.9	4%	5.7
...of which saturates (g)	1.4	5%	2.84
Carbohydrates (g)	21	6%	42
...of which sugars (g)	2.4	2%	4.8
Fibre (g)	1.3	4	2.6
Protein (g)	21	42%	42
Salt (g)	0.5	21%	0.91
Vitamins			
Thiamine, mg	1.8	163%	3.6
Riboflavin, mg	2.4	141%	4.8
Niacin, mg	26.8	268%	53.6
Pantothenic Acid, mg	10.8	108%	21.6
Vitamin B6, mg	2.4	149%	4.8
Biotin, µg	84	240%	168
Folic Acid, µg	336	168%	672
Vitamin B12, µg	3	150%	6
Vitamin C, mg	128	320%	256
Vitamin D, µg	8.4	84%	16.8
Minerals			
Zinc, mg	16	133%	32
Iron, mg	23.4	195%	46.8
Calcium, mg	1545	193%	3090
Phosphorus, mg	1008	100%	2016
Potassium, mg	1427		2854
Magnesium, mg	600	187%	1200

Additional Nutrition:

Omega-3 (mg)	1740
Omega-6 (mg)	1500

*RDI =Recommended Dietary Intake. Percentage daily intakes are based on an average diet of 8700kJ.

Vegetarian, no added sugar, and gluten free.



Nutrition Facts



Valeur nutritive

Per 1 scoop (50g) / Pour 1 scoop (50g)

Servings per container / Portions par contenant: 10

	%DailyValue*
Calories 199	%Valeur quotidienne*
Fat / Lipides	2.9 g 4%
Saturated / Saturés	1.4 g 7%
+ Trans / Trans	0g
Carbohydrate / Glucides	21 g 7%
Fiber / Fibres	1.3 g 5%
Sugars / Sucres	2.4 g 2%
Protein / protéines	21g
Cholesterol / Cholestérol	0 mg 0%
Sodium	50 mg 2%
Vitamin C / Vitamine C	64 mg 71%
Vitamin D ₃ / Vitamine D ₃	4.2 mcg 21%
Thiamin / Thiamine	0.9 mg 75%
Riboflavin / Riboflavine	1.2 mg 92%
Niacin / Niacine	13.4mg NE 84%
Vitamin B ₆ / Vitamine B ₆	1.2 mg 71%
Folic acid / Acide folique	280 mcg DFE 70%
Vitamin B ₁₂ / Vitamine B ₁₂	1.5 mcg 63%
Biotin / Biotine	42 mcg 140%
Pantothenic acid / Acide pantothenique	5.4 mg 108%
Calcium / Calcium	773 mg 59%
Iron / Fer	11.7 mg 65%
Phosphorus / Phosphore	504 mg 40%
Magnesium / Magnésium	300 mg 71%
Zinc / Zinc	8 mg 72%
Additional Nutrition	
Medium Chain Triglycerides / triglycérides à chaîne moyenne	1.4 g **
Omega-3 Fatty Acids / Les acides gras omega-3	870 mg **
Omega-6 Fatty Acids / Les acides gras omega-6	750 mg **
L-Glutamine	3.6 g **
L-Leucine	6.9 g **
L-Valine	1.7 g **
L-Isoleucine	1.7 g **

*Daily Values based on a 2,000 calorie diet.
 **De la Valeur quotidienne en fonction de 2000 calorie diet

Vanilla Flavour

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, 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).

Formulated and manufactured in the United Kingdom and distributed by: Youth Sport Nutrition, Unit S2, George Stephenson 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: Consult a health practitioner prior to use if you are pregnant, breastfeeding or have diabetes, a kidney or liver disease. If you are taking any other natural health product, consult a healthcare practitioner prior to use. This product contains milk by-products/derivatives.

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

Vegetarian, no added sugar and gluten free / Végétarien, sans sucre ajouté et sans gluten

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.**

Savour Vanille

Ingredients: Farine d'avoine sans gluten, Maltodextrine, Isolat de Drotéine de petit-lait (LAIT), Isolat de Protéine de Pois, TCM en poudre, BCAA 4:1:1 en poudre (L-Leucine, L-Isoleucine, L-Valine), L-Glutamine, Arôme naturel, Graines de lin en poudre. Mélange de vitamines et de minéraux : Thiamine (vitamine B1), Riboflavine (vitamine B2), Nicotine (vitamine B3), Acide pantothenique (vitamine B5), Pyridoxine (vitamine B6), Biotine (vitamine B7), Acide folique (vitamine B9), Cyanocobalamin (vitamine B12), Vitamine C, Cholecalciferol (vitamine D3), Magnésium (sous forme de carbonate de magnésium), Potassium (sous forme de chlorure de potassium), Zinc (sous forme de sulfate de zinc), Fer (sous forme de pyrophosphate ferrique), Phosphore (sous forme de phosphate trisodique), Calcium (sous forme de carbonate de calcium), Épaississant (gomme de xanthane), Édulcorant (sucralose).

Parulé et fabriqué au Royaume-Uni et distribué par: Youth Sport Nutrition, Unit S2, George Stephenson Business Park, Newcastle Upon Tyne, NE12 6DU.

Suggestion de présentation: Ajouter d'abord 500 ml d'eau froide, puis 1 x 50g de PRO-TEEN. Ajoutez 3 glaçons (facultatif), avant de mélanger ou de secouer vigoureusement pendant 10 secondes. La quantité de PRO-TEEN requise dépend de vos besoins quotidiens. Vous pouvez ajuster le rapport liquide / PRO-TEEN pour la consistance dont vous avez besoin. Suggestion de service basée sur 12 ans et plus.

Avis d'orientation: Consultez un professionnel de la santé avant l'utilisation si vous êtes enceinte, allaitez ou souffrez de diabète, d'une maladie rénale ou hépatique. Si vous prenez tout autre produit de santé naturel, consultez un professionnel de la santé avant de l'utiliser. Ce produit contient des sous-produits / dérivés du lait.

Stockage: Conserver dans un endroit sec et frais, à l'abri de la lumière directe du soleil. Une fois mélangé à de l'eau, il doit être consommé dans les quelques heures, ou s'il est réfrigéré, dans les 24 heures. Secouez à nouveau avant utilisation.

Lot et date de péremption imprimées en bas à droite de cette pochette

