

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

Milk Chocolate Flavour

Milk Chocolate 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®**
+ 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

Ingredients: Gluten Free **Oat** Flour, Natural Flavouring, 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, 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: Enjoy as part of a varied and balanced diet and a healthy lifestyle.

NUTRI-TEEN

SHAKE

Produced to ISO22000, ISO9001, GMP and HACCP standards.

Formulated and manufactured on behalf of: Youth Sport Nutrition Ltd., Rowen Homes, Unit 6, Franklin Park, Blydon-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.**

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Vanilla Ice Cream Flavour

Vanilla Ice Cream 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®**
+ 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

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

NUTRI-TEEN

SHAKE

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Strawberry Milkshake Flavour

Strawberry milkshake 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®**
+ 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

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), Colour (Beetroot Red).

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.

NUTRI-TEEN

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Nutrition

Serving Size: 50g Scoop

Typical Values	Per 100g	%RI Per 100g	Per Serving	%RI* Per Serving
Energy (kJ)	1682	20%	841.0	10%
(kcal)	398	20%	199	10%
Fats (g)	7.1	8%	3.6	4%
...of which saturates (g)	3.6	14%	1.8	7%
Carbohydrates (g)	42.6	16%	21	8%
...of which sugars (g)	4.1	4%	2.1	2%
Fibre (g)	3		1.5	
Protein (g)	42	84%	21	42%
Salt (g)	1	16%	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>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-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

Tasty tip:

Why not try adding a scoop to your favorite smoothie recipe?

500g e

(10 Servings)



Nutrition

Serving Size: 50g Scoop

Typical Values	Per 100g	%RI Per 100g	Per Serving	%RI* Per Serving
Energy (kJ)	1683	20%	841.5	10%
(kcal)	398	20%	199	10%
Fats (g)	5.7	8%	2.9	4%
...of which saturates (g)	2.84	14%	1.4	7%
Carbohydrates (g)	42	16%	21	8%
...of which sugars (g)	4.8	4%	2.4	2%
Fibre (g)	2.6		1.3	
Protein (g)	42	84%	21	42%
Salt (g)	0.91	16%	0.5	8%

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