



# WE BUILD CHAMPIONS



## SUPPLEMENT FACTS

Serving Size: 500 ml

### Typical Nutritional Values

	/100ml	/500ml
Energy	58 kcal/245kJ	290 kcal/1225 kJ
Fat	0,2 g	1 g
- Saturates	0,1 g	0,5 g
Carbohydrates	4 g	20 g
- Sugar	4 g	20 g
<b>Protein</b>	<b>10 g</b>	<b>50 g</b>
Salt	0,18 g	0,9 g
Vit. B6 (500 ml = 25% RDA**)	0,07 g	0,35 g

\*\*RDA (Recommended Daily Allowance)

<b>L-Leucine (BCAA - natural source)*</b>	<b>620 mg</b>	<b>3100 mg</b>
<b>L-Isoleucine (BCAA - natural source)*</b>	<b>390 mg</b>	<b>1950 mg</b>
<b>L-Valine (BCAA - natural source)*</b>	<b>400 mg</b>	<b>2000 mg</b>

BCAA\* = branched-chain essential amino acids

**INGREDIENTS:** skimmed milk (90%), milk proteins (8%), water, flavouring, stabilizer: E407, sweetener: E955, colour E101. Contains milk (including lactose).



## QUICK PROTEIN RECOVERY

This delicious Pro Shake provides 50g of a blend of whey protein and caseinate. Its formula contains no added sugars, which makes our shake easily digestible and light on the stomach. This drink also contains 7g of BCAA's from natural sources per 500ml.

- ▶ 50 GRAMS OF PROTEIN PER SERVING
- ▶ ZERO ADDED SUGAR
- ▶ CONTAINS 7 G BCAA'S PER SERVING
- ▶ FLAVOURS: CHOCOLATE, STRAWBERRY, VANILLA
- ▶ PACKAGING: 500 ML
- ▶ USE: BETWEEN MEALS OR AFTER AN INTENSE TRAINING SESSION