# **Nutritional Facts**

## Skinny Protein Vanilla

Sarvina Siza 30a

Serving Size 30g				
Nutritional Info:	Per 100g	%NRV	Per 30g	%NRV
Energy (kJ/kcal)	1713/406	-	519/123	-
Fat (g)	8.2	-	2.5	-
Of which saturates (g)	6.01	-	1.8	-
Carbohydrate (g)	7.8	-	2.4	-
Of which sugars (g)	7.8	-	2.4	-
Fibre (g)	Nil	-	Nil	-
Protein (g)	77.36	-	23.44	-
Salt (g)	Nil		Nil	-
Potassium (mg)	387	19.4	117	5.9
Calcium (mg)	484	60	146	18
Phosphorus (mg)	338	48	102	14
Pantothenic Acid (mg)	15	250	4.5	76
Chromium (µg)	250	625	75	189
Green Tea Extract (mg)	500	-	152	
Carnitine (mg)	250	-	75	-
Typical Amino Acid P	rofile:		(% of Pro	tein) mg
Typical Amino Acid P Leucine	rofile:		(% of Pro 11.	, .
Leucine Isoleucine	rofile:		•	54
Leucine	rofile:		11.	54 2
Leucine Isoleucine Valine Total Branched Chain	rofile:		11.5 6.2	54 22 28
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid	rofile:		6.2 6.2	54 22 28 04g
Leucine Isoleucine Valine Total Branched Chain	rofile:		6.2 6.2 24.0	54 22 28 28 24g 73
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine	rofile:		11.5 6.2 6.2 24.0 11.	54 22 28 94g 73 78
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine	rofile:		11.5 6.2 6.2 24.0 11.	54 22 28 34 73 78 33
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine	rofile:		11.5 6.2 6.2 24.0 11. 18. 5.8	54 22 28 34g 73 78 33
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine	rofile:		11.5 6.2 24.0 11. 18. 5.8 2.0	54 22 28 34 73 78 33 35 99
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine Histidine	rofile:		11.5 6.2 24.0 11. 18. 5.8 2.0 1.9	54 22 28 28 37 73 78 33 95 99
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine Histidine Arginine	rofile:		11.5 6.2 24.0 11. 18. 5.8 2.0 1.9	54 22 28 28 73 73 78 33 95 95
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine Histidine Arginine Threonine	rofile:		11.5 6.2 24.0 11. 18. 5.8 2.0 1.9 7.9	54 22 28 28 373 78 33 35 99 95 95 26
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine Histidine Arginine Threonine Alanine	rofile:		11.5 6.2 24.0 11. 18. 5.8 2.0 1.9 2.9 7.9	54 22 28 28 73 73 78 3 3 9 9 9 9 9 9 9 26
Leucine Isoleucine Valine Total Branched Chain Aspartic Acid Glutamic Acid Serine Glycine Histidine Arginine Threonine Alanine Proline	rofile:		11.5 6.2 24.0 11. 18. 5.8 2.0 1.9 7.9 5.2 6.2	54 22 28 28 273 278 23 25 29 25 26 22 33

#### Ingredients: Whey Protein Concentrate (Soya & Milk), Polydextrose,

Phenylanaline

Tryptophan

Lysine

Flavouring, Green Tea Standardised Extract, L-Carnitine-L-Tartrate, Curcumin, Sweetener (Stevia), Calcium Pantothenate, Chromium Picolinate. = NO EC NRV Established (NRV = Nutrient Reference Values)

3.53

10.00

1.54

#### Diet Suitability: This product is suitable for individuals with the following dietary

requirements: Halal, GMO Free, Nut/Seed Free. This product is suitable for vegetarians.

### Allergy Advice: For allergens, see ingredients in **bold**.

Not recommended for children or pregnant women. Food Supplement not to be used as a substitute of a healthy lifestyle and balanced diet. Do not exceed recommended daily dose. Keep out of reach of children.

Storage: Keep sealed in a cool dry place out of direct sunlight.

#### Directions for use:

Add one scoop (30g) to 300-500ml of water, soya or skimmed milk. Have one serving between breakfast and lunch, one serving between lunch and dinner and one serving after exercise/training.

This equals three servings (90g) per day.

<sup>=</sup> Branched Chain Amino Acid.