

Nutritional Facts

Whey Hey® Watermelon

Serving Size 35g

Nutritional Information:	Per 100g	Per 35g serving
Energy	1532 kJ/361 kcal	460 kJ/108 kcal
Total Fat	5.02g	1.75g
Saturates	3.00g	1.05g
Carbohydrate	20.64g	7.22g
Sugars	20.64g	7.22g
Protein	61.3g	21.45g
Sodium	0.28g	0.09g
Folic Acid	0.33mg	0.11mg
Potassium	300mg	105mg
Calcium	330mg	115.5mg

Typical Amino Acid Profile:	(% of Protein) mg
Alanine	3,000
Arginine	1,260
Aspartic Acid	6,600
Cysteine	1,320
Glutamic Acid	10,860
Glycine	840
Histidine	1,020
Isoleucine**	3,840
Leucine**	6,360
Lysine	5,760
Methionine	1,320
Phenylalanine	1,800
Proline	3,300
Serine	2,760
Threonine	4,020
Tryptophan	840
Tyrosine	1,560
Valine**	3,540

Ingredients:

Whey Protein Concentrate, **Milk Protein (Milk and Soya)**, Watermelon Flavouring, Watermelon fruit powder, Sweetener (Stevia)

* = NO EC NRV Established (NRV = Nutrient Reference Values)

** = Branched Chain Amino Acid. 4.8g BCAA.

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 heaped scoop to 250ml - 300ml of water, milk or your favourite smoothie. Why not mix things up and add it to your baking or cooking.