

# Nutritional Facts

## Skinny Protein Chocolate

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 Profile: (% of Protein) mg

Leucine	11.54
Isoleucine	6.22
Valine	6.28
Total Branched Chain	24.04g
Aspartic Acid	11.73
Glutamic Acid	18.78
Serine	5.83
Glycine	2.05
Histidine	1.99
Arginine	2.95
Threonine	7.95
Alanine	5.26
Proline	6.22
Tyrosine	3.33
Methionine	1.99
Cystine	2.63
Phenylalanine	3.53
Lysine	10.00
Tryptophan	1.54

### Ingredients:

Whey Protein Concentrate (**Soya & Milk**), Polydextrose, Flavouring, Green Tea Standardised Extract, L-Carnitine-L-Tartrate, Curcumin, Sweetener (Stevia), Calcium Pantothenate, Chromium Picolinate.

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

\*\* = Branched Chain Amino Acid.

### 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.