



Nutrition Facts

Serving Size. 5 Scoops (45g)
Serving Per Container 22

Amount Per 100g

Total Calories 348 kcal 1476kJ
Calories From Fat 5,46 Kcal
Total Fat 1,82 g
Essential Fatty Acids 1,2511g
Total Cholesterol 0g
Protein 32,43g
Total Cholesterol 0g
Potassium 0,26g
Sodium 0,9g
Carbohydrates less than
Dietary Fiber 4,68 g
Sugar less. then 0,4 g
Total Carbohydrates 4,48g
Sugars less than 0,4g
Total Fat 1,82g
of which Saturated 0,51g
Protein 32,43 g
Iron 19,4mg
Calcium 87,6mg
Vitamin A (µg as Beta caratone) <2
Vitamin C (mg) <2

Amino Acid Profile

Amount Per 100g

Alanine	4.148g
Arginine	7.402g
Aspartic acid	9.812g
Cystine	1.368g
Glutamic Acid	15.587g
Glycine	3.468g
Histidine *	2.218g
Isoleucine *	4.566g
Leucine *	7.952g
Lysine *	5.958g
Methionine *	1.396g
Phenylalanine	4.702g
Proline	4.652g
Serine	4.754g
Threonine *	3.860g
Tryptophan *	1.099g
Tyrosine *	3.592g
Valine *	4.926g

Marked with an * are the essential Amino Acids