

# PROTEIN DRINK MIX-VEGAN

VANILLA FLAVOUR



SKU: 172K

## Ingredients:

**Soy** protein isolate, minerals and vitamins mixture (potassium citrate, potassium chloride, calcium salts of citric acid, calcium salts of orthophosphoric acid, L-ascorbic acid (Vit. C), DL-alpha-tocopheryl acetate (Vit. E), beta-carotene (Vit. A), nicotinamide (Niacin), zinc citrate, calcium D-pantothenate (Pantothenic acid), D-biotin (Biotin), sodium selenite, manganese carbonate, cyanocobalamin (Vit. B12), cholecalciferol (Vit. D), pteroylmonoglutamic acid (Folic acid), pyridoxine hydrochloride (Vit. B6), potassium iodide, riboflavin (Vit. B2), thiamin mononitrate (Vit. B1), cupric citrate), maltodextrin, sunflower oil, natural flavourings, emulsifier (**soy** lecithin), thickeners (xanthan gum, guar gum), sodium chloride, sweetener (steviol glycosides).

Allergy advice: for allergens see ingredients in **bold**.

## Nutritional Information

Serving size: 28 g Servings per container: 20						
	Per 100 g		Per 28 g serving with 250 ml water		Per 42 g serving with 375 ml water	
Energy	1630 kJ 388 kcal	-	456 kJ 109 kcal	-	685 kJ 163 kcal	
Fat	9.3 g	-	2.6 g	-	3.9 g	
of which:	-	-	-	-	-	
saturates	1.0 g	-	0.3 g	-	0.4 g	
Carbohydrate	20 g	-	6 g	-	9 g	
of which: sugars	0.8 g	-	0.2 g	-	0.3 g	
Fibre	3.2 g	-	0.9 g	-	1.3 g	
Protein	54 g	-	15 g	-	23 g	
Salt	2.0 g	-	0.6 g	-	0.8 g	
<b>VITAMINS</b>						
		%RI*		%RI*	%RI*	
Vitamin A	777 µg RE	97 %	217 µg RE	27 %	326 µg RE	41 %
Vitamin D	6.8 µg	136 %	1.9 µg	38 %	2.9 µg	57 %
Vitamin E	16 mg α-TE	136 %	4.6 mg α-TE	38 %	6.8 mg α-TE	57 %
Vitamin C	109 mg	136 %	30 mg	38 %	46 mg	57 %
Thiamin	1.5 mg	130 %	0.42 mg	38 %	0.63 mg	59 %
Riboflavin	2.0 mg	140 %	0.55 mg	39 %	0.82 mg	57 %
Niacin	22 mg NE	136 %	6.1 mg NE	38 %	9.1 mg NE	57 %
Vitamin B6	1.9 mg	135 %	0.53 mg	38 %	0.80 mg	57 %
Folic Acid	271 µg	136 %	76.0 µg	38 %	114 µg	57 %
Vitamin B12	3.7 µg	146 %	1.0 µg	41 %	1.5 µg	61 %
Biotin	68 µg	136 %	19 µg	38 %	28 µg	57 %
Pantothenic Acid	8.1 mg	136 %	2.3 mg	38 %	3.4 mg	57 %
<b>MINERALS</b>						
Potassium	2178 mg	109 %	610 mg	30 %	915 mg	46 %
Chloride	1200 mg	150 %	336 mg	42 %	504 mg	63 %
Calcium	1163 mg	145 %	326 mg	41 %	488 mg	61 %
Phosphorus	950 mg	136 %	266 mg	38 %	399 mg	57 %
Zinc	6.8 mg	68 %	1.9 mg	19 %	2.9 mg	29 %
Copper	1.4 mg	136 %	0.38 mg	38 %	0.57 mg	57 %
Manganese	3.4 mg	168 %	0.94 mg	47 %	1.4 mg	70 %
Selenium	90 µg	164 %	25 µg	46 %	38 µg	69 %
Molybdenum	130 µg	260 %	36 µg	73 %	55 µg	109 %
Iodine	204 µg	136 %	57.0 µg	38 %	85.5 µg	57 %

\*Reference intake

Protein Drink Mix-Vegan is an ideal way to boost your protein intake throughout the day. Combine with your favourite Formula 1 shake for a healthy meal that's high in protein and low in sugar.

Each serving contains 22 vitamins and minerals, including vitamin D which contributes to the normal function of the immune system and vitamin C which contributes to the reduction of tiredness and fatigue.

Protein Drink Mix-Vegan also contains no artificial colours, flavours and is sweetened with a naturally sourced sweetener from Stevia leaves.

## KEY BENEFITS AND FEATURES

- Suitable for vegans
- High in protein
- Contains 22 vitamins and minerals
- Naturally lactose free
- Gluten-free
- Sweetened with Stevia leaves extract



## DIRECTIONS FOR USE

Mix two scoops (28 g) of powder with 250 ml of cold water or three scoops (42 g) of powder with 375 ml of cold water, depending on your protein requirements, shake and enjoy.

You can also add this product to your Formula 1 shake and water for a delicious, vegan healthy meal.

Enjoy this product mid-morning or mid-afternoon within a balanced and varied diet, as part of a healthy, active lifestyle.