

# PROTEIN DRINK MIX-VEGAN

VANILLA FLAVOURED



SKU: 172K

## INGREDIENTS:

**Soya** protein isolate, minerals and vitamins mixture (potassium citrate, potassium chloride, calcium citrate, calcium phosphate, 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), thiamine mononitrate (Vit. B1), cupric citrate), maltodextrin, sunflower oil, flavourings, emulsifier (**soya** lecithin), sodium chloride.

## CONTAINS SOYA.

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

## Typical Nutritional Information

Serving Size: 28 g Servings per Container: 20				
	Per 100 g	Per 28 g	Per 28 g serving with 250 ml water	% NRV*
Energy	1630 kJ	456 kJ	456 kJ	..
Protein	54 g	15.1 g	15.1 g	27%
Glycaemic Carbohydrate	20 g	6 g	6 g	**
of which: total sugar	0.8 g	0.2 g	0.2 g	**
Total Fat	9.3 g	2.6 g	2.6 g	**
of which:				**
saturated fat	1 g	0.3 g	0.3 g	**
Dietary Fibre***	3.2 g	0.9 g	0.9 g	**
Total Sodium	800 mg	224 mg	224 mg	**
<b>VITAMINS</b>				
Biotin	68 µg	19 µg	19 µg	63%
Folic Acid	271 µg	76 µg	76 µg	19%
Niacin	21.7 mg NE	6.1 mg NE	6.1 mg NE	38%
Pantothenic acid	8.1 mg	2.3 mg	2.3 mg	46%
Riboflavin	2 mg	0.5 mg	0.5 mg	38%
Thiamin	1.5 mg	0.4 mg	0.4 mg	33%
Vitamin A	777 µg RE	218 µg RE	218 µg RE	24 %
Vitamin B6	1.9 mg	0.5 mg	0.5 mg	29 %
Vitamin B12	4 µg	1 µg	1 µg	42 %
Vitamin C	108.6 mg	30.4 mg	30.4 mg	30 %
Vitamin D	7 µg	2 µg	2 µg	13 %
Vitamin E	16.3 mg α-TE	4.6 mg α-TE	4.6 mg α-TE	31 %
<b>MINERALS</b>				
Calcium	1162.8 mg	325.6 mg	325.6 mg	25 %
Chloride	1200 mg	336 mg	336 mg	**
Copper	1.4 mg	0.4 mg	0.4 mg	44 %
Iodine	204 µg	57 µg	57 µg	38 %
Manganese	3.4 mg	0.9 mg	0.9 mg	39 %
Phosphorus	892.9 mg	250 mg	250 mg	20 %
Potassium	2178.2 mg	609.9 mg	609.9 mg	**
Selenium	90 µg	25 µg	25 µg	45 %
Zinc	6.8 mg	1.9 mg	1.9 mg	17 %

\* Nutrient Reference Values (NRVs) for individuals 4 years and older

\*\* NRV not established

\*\*\* Fibre content calculation based on AOAC 2009.01 method

Protein Drink Mix-Vegan is an ideal way to boost your protein intake throughout the day. Combine with your favourite Formula 1 Shake Mix for a delicious duo that is high in protein.

Each serving contains 22 vitamins and minerals, including vitamin D and vitamin C.

Protein Drink Mix-Vegan is artificial colourant and artificial flavouring free and is sweetened with a naturally sourced sweetener from steviol extracts.

## KEY BENEFITS AND FEATURES

- Suitable for vegans
- High in protein
- Contains 22 vitamins and minerals
- Naturally lactose free
- Gluten-free
- Sweetened with steviol extracts



## DIRECTIONS FOR USE

Mix two scoops (28 g) of powder with 250 ml of cold water, shake and enjoy.

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

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