

NUTRITION INFORMATION

Servings per bottle: 1 Serving Size: 375ml	Qty per 375ml Serve	Qty per 100ml
Energy	791 kJ 189 Cal	211 kJ 50 Cal
Protein	30 g	8 g
Fat - Total	3.7 g	Less than 1g
- Saturated	2.4 g	Less than 1g
Carbohydrates - Total	8.5 g	2.3 g
- Sugars	7.5 g	2.0 g
Sodium	410 mg	109 mg
Percentage of RDI* per Serve		Qty per 100ml
Calcium	400 mg (50%)	107 mg
Iron	3 mg (25%)	0.8 mg
Iodine	30 µg (20%)	8 µg
Magnesium	60 mg (19%)	16 mg
Phosphorus	500 mg (60%)	134 mg
Zinc	2 mg (17%)	0.5 mg
Vitamin A	160 µg (21%)	42 µg
Vitamin C	10 mg (25%)	2.6 mg
Vitamin D	2 µg (20%)	0.5 µg
Vitamin E	2 mg (20%)	0.5 mg

RDI = RECOMMENDED DIETARY INTAKE

ALL SPECIFIED VALUES ARE AVERAGES FOR ALL FLAVOURS

Ready to Grow is a ready-to-drink, high protein shake. No need for refrigeration, no need to add water... just shake and drink! ... Or chill first if desired for a delicious, refreshing snack.

Each 375ml R.T.G. contains a massive 30g of Protein derived from Casein, Whey Protein Isolate, Whey Protein Concentrate, plus more than 20% of the RDI of 8 essential vitamins and minerals, so it's great as an on the go protein boost.

Get Ready to Grow, convenient protein on the go to keep muscles fuelled with essential amino acids whenever you need them!

With less than 190 calories per serve, this formulation is perfect for someone trying to control their calorie intake or someone wanting to consume extra calories on the go. The high protein component of R.T.G. will help to manage satiety and keep energy levels elevated throughout the day.

Flavours:

Chocolate, Vanilla Ice Cream
& Iced Coffee

Available In: 375ml Bottle

Eat Easy, Train Hard!

