



PROTEIN WATER

WITH WHEY PROTEIN ISOLATE



INGREDIENTS: Filtered Water, Whey Protein Isolate (5.7%) (Milk), Sweeteners (Glycerine, Sucralose), Flavours, Acidity Regulators (Citric Acid, Sodium Citrate), Preservative (Sodium Metabisulphite) (**Sulphites**), Sweet Osmanthus Ear Glycolipids, Colours (Tartrazine, Brilliant Blue).
Contains Milk, Sulphites.

SUGGESTED USE: Take 2-3 times daily to obtain your required protein intake. Best times for use are first thing in the morning, 20-30 minutes before and immediately after training and exercise. Shake well before opening.

STORAGE CONDITIONS: Store in a cool dry place, sediment is natural and will occur over time. Once opened refrigerate and consume within 3 days.

NUTRITIONAL INFORMATION	Ave Qty per 500 ml serving	Ave Qty per 100 ml
Serving size: 500 ml		
Servings per container: 1		
Energy	619 kJ	124 kJ
	148 Cal	30 Cal
Protein	25.0 g	5.0 g
Fat - Total	Less than 0.1 g	Less than 0.1 g
Saturated	Less than 0.1 g	Less than 0.1 g
Carbohydrates - Total	5.5 g	1.1 g
- Sugars	Less than 0.1 g	Less than 0.1 g
Sodium	55 mg	11 mg