## **Nutrition Information**

Serving size: 32 g		Servings per container: 28	
	Per 100 g	Per 32 g	RI%
Energy	1571 kJ/374 kcal	503 kJ/120 kcal	69
Fat	6.6 g	2.1 g	39
- of which saturates	2.1 g	0.7 g	49
Carbohydrate	5.8 g	1.8 g	0.79
- of which sugars	3.8 g	1.2 g	19
Protein	73 g	23 g	469
Salt	0.95 g	0.30 g	5%
* RI%: Reference inta	ke per serving of an	average adult (8400	) kJ/2000 kcal
Amount	Per 100 a	Per 32 a	

 Amount
 Per 100 g
 Per 32 g

 L-Taurine
 500 mg
 160 mg

 Digestive Enzymes (DigeZyme®)
 100 mg
 32 mg

Ingredients: 100 Whey Protein Blend (CFM Whey Protein Concentrate [from Milk, instantized with Sunflower Lecithin], CFM Whey Protein Isolate [from Milk, instantized with Soy Lecithin]), Flavors (White Chocolate, Strawberry), Sodium Chloride, Color (Beetroot Red), L-Taurine, Sweeteners (Acesulfame K, Sucralose), Thickener (Xanthan Gum), DigeZyme® Enzyme Complex (Alpha Amylase, Neutral Protease, Cellulase, Lactase, Lipase).

## Amino Acid profile of 100 a Protein

Amino Acid profile of 100 g Protein				
Essential Amino Acids	Conditionally Essential Amino Acids	Nonessential Amino Acids		
Leucine**	Glutamic Acid	Aspartic Acid		
Lysine	Proline	Alanine		
Threonine	Tyrosine	Serine		
Isoleucine**	Cystine	Glycine		
Valine**	Arginine			
Phenylalanine				
Methionine				
Histidine				
Tryptophan				
Total 47.5 g	30.5 g	22.0 g		
** Total BCAAs: 22.9 g				





SUPERIOR MATRIX OF WHEY
PROTEIN CONCENTRATE AND CFM ISOLATE

FORTIFIED WITH DIGEZYME<sup>®</sup>, NO ADDED SUGAR 23 G PROTEIN/SERVING

STRAWBERRY WHITE CHOCOLATE FLAVOR





100 Whey is a Strawberry White Chocolate flavored protein drink powder with sweeteners to support a high protein diet. There is scientific evidence that a combination of intensive physical exercise and raised protein intake will contribute to the growth and maintenance of muscle mass and to the maintenance of normal bones\*. In addition to working only with high quality raw material producers, we have tested our proteins through rigorous analysis, resulting in a product that also tastes delicious. We have fortified 100 Whey with DigeZyme®, a digestive enzyme (DigeZyme® is a registered trademark of Sabinsa Europe GmbH).

\* These health claims are approved by the European Food Safety Authority (EFSA) and the European Commission (EC).

Consumption and Storage Recommendations: Add one serving (32 g – one heaping scoop) to 250 ml water or low-fat milk. Take two servings on workout days. Take one serving after training and one additional serving between meals.

**Best before end (month/year)** see on packaging. Do not expose this product to direct sunlight or heat for an extended period. Keep this product closed at a temperature of between 6 and 26 °C. Relative humidity should be below 65%.

**Warnings:** Keep out of reach of children. This product is not a food substitute or replacement. Use this product to supplement a balanced diet. Use no more than the recommended dosage.

**Allergen info:** Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.





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