

Typical values	per 100 g	% NRV	per 300 g serving	% NRV
Energy	1,640 kJ 387 kcal	(19 %)	4, 921 kJ 1,160 kcal	(58 %)
Fat	1.6 g	(2 %)	4.8 g	(7 %)
of which Saturates	0.6 g	(3 %)	1.8 g	(9 %)
Mono-unsaturates	0.4 g		1.1 g	
Polyunsaturates	0.6 g		1.7 g	
Carbohydrate	73 g	(28 %)	219 g	(84 %)
of which Sugars	1.1 g	(1 %)	3.3 g	(4 %)
Fibre	<0.5 g		<0.5 g	
Protein	20 g	(40 %)	60 g	(120 %)
Salt	0.23 g	(4 %)	0.69 g	(12 %)
Vitamin A	133.3 µg RE	17 %	400 µg RE	50 %
Vitamin D	2.5 µg	50 %	7.5 µg	150 %
Vitamin C	33 mg	41 %	100 mg	125 %
Thiamin	0.53 mg	48 %	1.6 mg	145 %
Riboflavin	0.53 mg	38 %	1.6 mg	114 %
Niacin	3 mg NE	19 %	9 mg NE	56 %
Vitamin B6	0.5 mg	36 %	1.6 mg	114 %
Folic Acid	33.3 µg	17 %	100 µg	50 %
Vitamin B12	0.4 µg	16 %	1.2 µg	48 %
Biotin	27 µg	54 %	80 µg	160 %
Pantothenic Acid	1 mg	17 %	3 mg	50 %
Magnesium	50 mg	13 %	150 mg	40 %
Iron	0.76 mg	5 %	2.3 mg	16 %
Zinc	2.5 mg	25 %	7.5 mg	75 %
Copper	270 µg	27 %	810 µg	80 %
Selenium	9 µg	16 %	27 µg	49 %
Chromium	17 µg	42 %	50 µg	125 %

ADDITIONAL INFORMATION

Typical values	per 300 g serving
Piperine Extract (BioPerine®)	5 mg
Tocotrienols (DeltaGold®)	7.5 mg
L-Choline	100 mg
Glutamine	1,000 mg
Creatine Monohydrate (Creapure®)	3,000 mg
<i>Bacillus Coagulans</i> (LactoSpore®)	500,000,000 spores