

Typical values	per 100 g	% NRV	per 15 g serving	% NRV
Energy	1,533 kJ 362 kcal		230 kJ 54 kcal	
Fat	0 g		0 g	
of which Saturates	0 g		0 g	
Mono-unsaturates	0 g		0 g	
Polyunsaturates	0 g		0 g	
Carbohydrate	30.2 g		4.5 g	
of which Sugars	0.5 g		0.08 g	
Fibre	0 g		0 g	
Protein	60 g		9 g	
Salt	2.39 g		0.36 g	
Vitamin B6	4 mg	286	0.6 mg	43
Folic Acid	2,000 µg	1,000	300 µg	150
Vitamin B12	63 µg	2,500	9.4 µg	375
Citrulline Malate	27 g		4 g	
Beta-Alanine	10.7 g		1.6 g	
Caffeine	833 mg		125 mg	
Betaine Anhydrous	8.3 g		1.3 g	
L-Leucine	11.7 g		1.7 g	
L-Carnitine L-Tartrate	6.7 g		1 g	
L-Isoleucine	5.8 g		0.9 g	
L-Valine	5.8 g		0.9 g	
L-Taurine	3.3 g		0.5 g	
VP NOS™	380 mg		57 mg	
of which				
Grapeseed Extract	190 mg		28.5 mg	
Pine Bark Extract	190 mg		28.5 mg	

Nutrient Reference Value (NRV) where given are calculated against Regulation EU No 1169/2011