

Typical values	per 100 g	% NRV	per 20 g serving	% (RI)* NRV
Energy	1,557 kJ 366 kcal		311 kJ 73 kcal	(4%)
Fat	0 g		0 g	(0%)
of which Saturates	0 g		0 g	(0%)
Carbohydrate	24 g		4.8 g	(2%)
of which Sugars	0 g		0 g	(0%)
Fibre	1.2 g		0.2 g	
Protein	67 g		13.4 g	(27%)
Salt	3.2 g		0.6 g	(10%)
Vitamin B6	3.5 mg	286	0.7 mg	50
Manganese	1.5 mg	86	0.3 mg	15

*Reference intake of an average adult (8,400 kJ/2,000 kcal)

ADDITIONAL INFORMATION

Typical values	per 20 g serving
BCAA	10 g
L-Leucine	5 g
L-Isoleucine	2.5 g
L-Valine	2.5 g
L-Glutamine	5 g
Potassium	32 mg
Magnesium	15 mg
Zinc	0.9 mg
Selenium	3 µg