

| Typical values | per 100 g | % NRV | per 150 g serving | % NRV |
|---|----------------------|-------|----------------------|-------|
| Energy | 1,594 kJ 377 kcal | | 2,392 kJ 565 kcal | |
| Fat | 3.3 g | | 5 g | |
| of which Saturates | 0.9 g | | 1.3 g | |
| Mono-unsaturates | 1.1 g | | 1.7 g | |
| Polyunsaturates | 1.1 g | | 1.7 g | |
| Carbohydrate | 34 g | | 51 g | |
| of which Sugars | | | | |
| Fibre | 4.6 g | | 6.9 g | |
| Protein | 50 g | | 75 g | |
| Salt | 0.4 g | | 0.58 g | |
| Vitamin A | 533 µg | 67 | 800 µg | 100 |
| Vitamin D3 | 10 µg | 200 | 15 µg | 300 |
| Tocotrienols (DeltaGold®) | 10 mg | | 15 mg | |
| Vitamin C | 133 mg | 166 | 200 mg | 249 |
| Thiamin | 2.1 mg | 191 | 3.2 mg | 286 |
| Riboflavin | 2.1 mg | 150 | 3.2 mg | 225 |
| Niacin | 12 mg | 75 | 18 mg | 113 |
| Vitamin B6 | 2.1 mg | 150 | 3.2 mg | 225 |
| Folic Acid | 133 µg | 67 | 200 µg | 100 |
| Vitamin B12 | 1.66 µg | 66 | 2.49 µg | 100 |
| Biotin | 106 µg | 212 | 159 µg | 318 |
| Pantothenic Acid | 4 mg | 67 | 6 mg | 100 |
| Magnesium | 200 mg | 53 | 300 mg | 80 |
| Iron | 3.1 mg | 22 | 4.7 mg | 33 |
| Zinc | 10 mg | 100 | 15 mg | 150 |
| Copper | 1.07 mg | 107 | 1.6 mg | 160 |
| Selenium | 36.5 µg | 66 | 54.8 µg | 100 |
| Chromium | 67 µg | 168 | 101 µg | 251 |
| Creatine Monohydrate (Creapure®) | 6,666 mg | | 10,000 mg | |
| L-Leucine (free form and naturally present) | 5,500 mg | | 8,250 mg | |
| L-Choline | 133 mg | | 200 mg | |
| Piperine (BioPerine®) | 7 mg | | 10 mg | |
| Enzyme Complex (DigeZyme®) | 100 mg | | 150 mg | |
| <i>Bacillus Coagulans</i> (LactoSpore®) | 100,000,000 spores | | 150,000,000 spores | |

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