

TYPICAL NUTRITIONAL INFORMATION	Single Serving Size: 27,5 g (±2 scoops)			
	per 100 g	per 55 g	per 27,5 g	%NRV*
Energy	1 234 kJ	679 kJ	339 kJ	
Protein	8,6 g	4,7 g	2,4 g	4 %
Carbohydrate	56 g	31 g	15 g	
Of which total sugar [#]	1,1 g	0,6 g	0,3 g	
Total Fat	0 g	0 g	0 g	
Dietary Fibre	0 g	0 g	0 g	
Total Sodium	551 mg	303 mg	152 mg	
Potassium	914 mg	503 mg	251 mg	
RECOVER, REPAIR & REPLENISH BLEND		7 834 mg	3 917 mg	
Vitamin B ₆ (as Pyridoxine)		100 mg	50 mg	2 934 %
Vitamin B ₁₂ (as Cyanocobalmin)		100 µg	50 µg	2 083 %
Vitamin C (as Ascorbic Acid)		200 mg	100 mg	100 %
Calcium		300 mg	150 mg	12 %
Magnesium		60 mg	30 mg	7 %
Phosphorus		164 mg	82 mg	7 %
Zinc (as Zinc Lactate)		10 mg	5 mg	47 %
L-Glutamine		5 000 mg	2 500 mg	
L-Leucine		1 000 mg	500 mg	
L-Isoleucine		500 mg	250 mg	
L-Valine		500 mg	250 mg	
MUSCLE GLYCOGEN RECOVERY		32 146 mg	16 073 mg	
Vitargo® Waxy Maize Starch		32 146 mg	16 073 mg	
MUSCLE GROWTH AND STRENGTH		6 602 mg	3 800 mg	
Creatine Monohydrate		5 000 mg	2 500 mg	
Taurine		2 000 mg	1 000 mg	
L-Alanine		500 mg	250 mg	
Alpha-Lipoic Acid (ALA)		100 mg	50 mg	
Chromium Picolinate		468 µg	234 µg	
ENHANCED NUTRIENT ABSORPTION		10 mg	5 mg	
BioPerine® (Black Pepper) (<i>Piper nigrum</i> L.) extract (standardised to 95 % Piperine)		10 mg	5 mg	

*%Nutrient Reference Values (NRVs) for individuals 4 years and older (2010).

[#]From Mono- and Disaccharides (Inherent from Vitargo®)