

	Per 100g	%RI*	Per 150g	*%RI
Energy	1603kJ (378 kcal)	19	2405kJ (567cal)	28
Fat	1.9g	3	2.9g	4
of which saturates	0.9g	5	1.4g	7
Carbohydrate	54g	21	80g	30
of which sugars	17g	18	25g	28
Fibre	2.1g		3.1g	
Protein	36g	71	53g	107
Salt	1.7g	29	2.6g	44
Vitamins & Minerals				
Vitamin A	150ug	19	225ug	28
Vitamin D	0.8mg	16	1.2mg	24
Vitamin E	3ug	25	4.5ug	38
Vitamin C	31mg	39	47mg	58
Thiamin	0.8mg	73	1.3mg	109
Riboflavin	1.0mg	72	1.5mg	107
Niacin	9.0mg	56	14mg	84
Vitamin B6	0.8mg	58	1.2mg	88
Folic acid	100ug	50	150ug	75
Vitamin B12	0.4ug	17	0.6ug	25
Biotin	7.6ug	15	11ug	23
Pantothenic acid	1.8mg	31	2.8mg	46
Potassium	257mg	18	535mg	27
Calcium	531mg	66	796mg	99
Phosphorous	370mg	53	555mg	27
Magnesium	83mg	22	125mg	33
Iron	2.1mg	15	3.2mg	23
Zinc	1.4mg	14	2.1mg	21

Amino Acids and Other (Added)

Creatine Monohydrate	3.4g	5.0g
L-Glycine	0.8g	1.1g
Beta-Alanine	0.7g	1.0g
HMB Ca Salt	0.7g	1.0g
Taurine	0.3g	0.4g
L-Glutamine	0.2g	0.3g
Glutamine Peptide	33mg	50mg
Avena Sativa (Green Oats)	67mg	100mg
Tolerase L (Lactase)	1000ug	1500ug

*reference intake of average adult (8400kJ/ 2000kcal)

Amino Acid Profile	g/ per 150g (total intrinsic and added)
Alanine	1.296
Arginine	1.684
Aspartic acid	3.262
Cysteine	0.594
Glutamine	5.413
Glycine	1.671
Histidine**	0.743
Isoleucine**^	1.573
Leucine**^	3.263
Lysine**	2.255
Methionine**	0.547
Phenylalanine**	1.382
Proline	1.486
Serine	1.629
Threonine**	1.297
Tryptophate**	0.588
Tyrosine	0.989
Valine**^	1.587

**Essential Amino Acid (EAA)

^Branched Chain Amino Acids (BCAAs)