

**Ingredients:** **Whey** Protein Concentrate, **Whey** Protein Isolate, Coffee Powder, Natural Coffee Flavouring, Colouring agent: Sugar Caramel powder; Thickening agent: Xanthan Gum; Table Salt, Emulsifier: **Soya** Lecithin; Sweetener: Sodium Cyclamate, Steviol Glycoside, Sodium Saccharin, Sucralose; Acidifier: Tartaric Acid; Biotin.

### Nutritional values for High Protein Shake:

	per 100 g:	per Portion*	% RI <sup>(1)</sup>
Energy	1519 kJ / 361 kcal	958.2 kJ / 228.3 kcal	-
Fat	3.8 g	4.89 g	7,0%
of which: Unsaturated fatty acids	1.4 g	1.92 g	10,3 %
Carbohydrates	4.0 g	13.2 g	5,1 %
of which: Sugar	3.4 g	12.77 g	14,2 %
Protein	80.1 g	32.53 g	65,1%
Salt	320 mg	398 mg	6,6 %
Biotin	25 µg	7.5 µg	15 % NRV <sup>(2)</sup>

\*= 30 g + 250 ml skim milk (1.5% fat)

(1) = Reference quantity for an average adult (8,400 kJ/2,000 kcal)

(2) = % of the Nutrient Reference Value (NRV) under the EU Regulation on the provision of food information to consumers.

**Note:** The High Protein Shake should not be viewed as a substitute for a balanced and varied diet and a healthy lifestyle. Keep the product out of sight and reach of children. Keep container tightly closed.

PREMIUM QUALITY



# HIGH PROTEIN SHAKE

## Coffee Cream

NATURA VITALIS®

**Protein-rich powder for production of a shake drink with biotin and sweeteners. Biotin contributes to normal energy metabolism and to normal metabolism of macronutrients. Biotin also contributes to normal psychological functioning.**

**Recommended dose:** Once per day, stir 30 g powder (= 1 measuring spoon) into 250 ml low-fat milk (1.5% fat) and mix using a shaker. Instead of a shaker, a milk frother may be used for mixing. It is also possible to enjoy this shake 2 times a day. In this case, prepare the drink each time (i.e. twice) by adding 15 g powder (= half a measuring spoon) to 125 ml low-fat milk (1.5% fat). The shake can also be made with water instead of milk.

**Information for diabetics:** Made up with water, one portion of powder (30 g) contains approx. 0.2 CE (carbohydrate exchange) units).

**Storage:** Store the product in a cool, dry place, protected from direct sunlight.

**Best before end:** See date on base of container.

The filling level is due to technical factors.

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Further information: [www.naturavitalis.de](http://www.naturavitalis.de)



SUITABLE FOR  
VEGETARIANS

**Contents: 900 g**