



# WHEY



100% Whey Protein



No Added Sugar



Premium Quality



Gluten-Free

Serving size: 1 Heaped scoop (approx. 33g) - Servings per container - 15 servings

| Nutrition Facts                  |       |          |                 |
|----------------------------------|-------|----------|-----------------|
| Nutritional Information (Approx) | Units | Per 100g | Per Serving 33g |
| Energy                           | Kcal  | 402      | 134.00          |
| Protein(Dry basis)               | g     | 69       | 23.00           |
| Carbohydrate                     | g     | 18       | 6.00            |
| Added sugar                      | g     | 0.00     | 0.00            |
| Total Fat                        | g     | 6.00     | 2.00            |
| Saturated Fatty Acid             | g     | 3.72     | 1.24            |
| Mono unsaturated fatty acid      | g     | 1.80     | 0.60            |
| Poly unsaturated fatty acid      | g     | 0.48     | 0.16            |
| TransFatty Acid                  | g     | 0.00     | 0.00            |
| Digestive Enzymes                | mg    | 150      | 50              |
| Sodium                           | mg    | 100      | 33              |

| Essential Amino Acid |       |          |                 |
|----------------------|-------|----------|-----------------|
|                      | Units | Per 100g | Per Serving 33g |
| Leucine              | g     | 8.38     | 2.79            |
| Isoleucine           | g     | 4.88     | 1.63            |
| Valine               | g     | 4.65     | 1.55            |
| Lysine               | g     | 7.29     | 2.43            |
| Methionine           | g     | 1.79     | 0.60            |
| Phenylalanine        | g     | 2.54     | 0.85            |
| Threonine            | g     | 5.87     | 1.96            |
| Tryptophan           | g     | 1.57     | 0.52            |
| Histidine            | g     | 1.44     | 0.48            |

| Semi-essential Amino Acid |       |          |                 |
|---------------------------|-------|----------|-----------------|
|                           | Units | Per 100g | Per Serving 33g |
| Cystine                   | g     | 1.74     | 0.58            |
| Arginine                  | g     | 2.10     | 0.70            |
| Proline                   | g     | 4.77     | 1.59            |
| Tyrosine                  | g     | 2.34     | 0.78            |
| Glycine                   | g     | 1.46     | 0.49            |
| Glutamic Acid             | g     | 14.10    | 4.70            |

| Non-essential Amino Acid |       |          |                 |
|--------------------------|-------|----------|-----------------|
|                          | Units | Per 100g | Per Serving 33g |
| Alanine                  | g     | 3.98     | 1.33            |
| Aspartic Acid            | g     | 8.67     | 2.89            |

Ingredients : Whey Protein Concentrate, Cocoa Powder (Alkalized), Stabilizer (INS 415), Sweetener (INS 955), Edible Salt, Flavour (Chocolate)  
Allergens: Contains Milk

Storage Conditions : Store in a cool & dry place. Protect from direct sunlight. The Product is required to be stored out of reach of children

Contains added flavours (Natural & Nature Identical Artificial Flavouring Substances) No Sugar (Sucrose) added in the product  
Contains Artificial Sweetener (Sucralose) - For Calorie Conscious Not recommended for children.

Recommended Usage : Two servings daily. Not to exceed the stated recommended daily usage

Directions For Use :



Mix 1 scoop

(~33g scoop inside)  
with 200ml cold water  
or milk in a glass  
or shaker cup.



Stir or shake

Until well mixed



30 minutes

Before workout &  
immediately  
after workout

NOT FOR MEDICINAL USE

Health Supplement is not to be used as a substitute for a varied diet.

This product is not intended to diagnose, treat, cure or prevent any disease.

Pregnant or lactating women or people with known medical conditions and/or taking medications should consult a medical practitioner before consuming the product

Marketed by:  
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Best Before 18 months  
from the date of manufacture

Batch No :  
Date of Manufacture :  
Expiry Date / Use By :  
M.R.P. & Unit Sale Price :  
(Inclusive of all taxes)