

Protein Powder

Diet Nutrition



Key Facts

- Particularly rich in protein and available in a wide variety of flavours, the Easy Body powders allow for an easy and delicious way to **increase protein intake** in the diet.
- Comes in **various flavors** to avoid boredom.
- Combination of **high quality proteins**.
- Can be consumed between meals, before or after the workout.

Ingredients

Whey protein concentrate, calcium caseinate, soya protein, fructose, thickening agents E412, sweetener E951, Natural aroma 0,1%, vit. B3, vit. B5, vit. B6, vit. B2, vit. B12

Flavours

Vanilla/Cream; Belgian Chocolate;
Italian Cappuccino; Strawberry/banana;
Vegetable soup; Tomato soup

Usage

Use: Mix 20 g in 150-200 ml water or skimmed milk.

Consume between meals
or after workout.

Servings: 17,5 servings per 350 g bottle
if using 20 grams.

Typical nutritional values

	/ 20 g*	/ 100 g
Energy	78 kcal (327 kJ)	392 kcal (1637 kJ)
Protein	15 g	77 g
Carbohydrates	2 g	11 g
Fat	1 g	4 g
Niacin (Vit.B3)	23%** 3,6 mg	18 mg
Pantothenic acid (Vit.B5)	20%** 1,2 mg	6,1 mg
Vit. B6	29%** 0,4 mg	2 mg
Vit. B2	21%** 0,3 mg	1,6 mg
Vit. B12	32%** 0,8 µg	3,8 µg

* One serve ** RDA (Recommended Daily Allowance)



www.Easy-Body.com