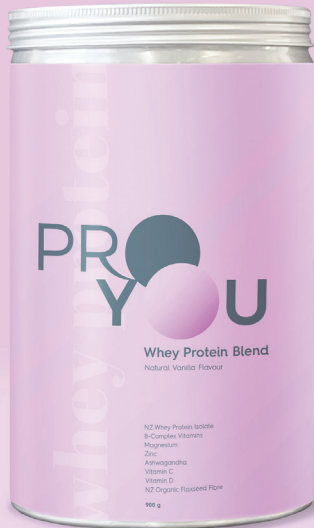


Product Overview



Whey Protein Blend 900g

A powerful combination of New Zealand whey protein powder, essential vitamins, minerals and adaptogens.



16 Essential Ingredients - 1 Convenient Powder



We put the best ingredients in – to bring out the best in you

Protein

- GM free certified
- Sourced from family owned New Zealand business
- Particularly high in amino acids leucine and cysteine
- Excellent dispersibility and solubility
- Clean, pleasant, versatile taste.

B Complex Vitamins

B-Complex vitamins are made up of 8 water soluble vitamins, each with their own numerous and proven health benefits. You can find out more about each vitamin on our website. Overall, B-Complex vitamins are important for –

- Normal neurological and psychological function
- Functioning of the nervous system
- Regulation of the hormonal system
- Reducing tiredness and fatigue
- Mental performance
- Carbohydrate, fat and protein metabolism
- Iron transport and metabolism
- Protecting cells from oxidative stress
- Supporting the regeneration of skin, hair and nails

Vitamin C

Vitamin C has many proven benefits and is vital to overall health. Vitamin C contributes to iron absorption from food, collagen production for cartilage, bones, skin, hair, and nails, and provides critical support to the immune system.

Vitamin D

Vitamin D is essential for maintaining a healthy immune system and optimal overall health. Vitamin D plays a crucial role in maintaining strong and healthy bones and teeth and normal muscle function and may also support mental wellbeing and boost seasonal mood.



Pro You Whey Protein Blend Super Smoothie

Ingredients

- 1 scoop of Pro You Whey Protein Blend vanilla powder
- 1 cup of frozen berries
- 1 banana
- 1 teaspoon of honey
- Water, coconut water, milk or plant milk – add based on your chosen consistency

Method

Add all ingredients to a blender and blitz on high. Top with chia seeds, sunflower seeds or LSA. (optional).

Nutrition information

Servings per container: 30 Serving size: 30 g powder + 300 ml water

	Average Quantity Per Serving		Average Quantity Per 100 ml
Energy	470 kJ		144 kJ
Protein	20 g		6.0 g
- gluten	0.0 g		0.0 g
Fat, total	1.9 g		0.6 g
- saturated	1.3 g		0.4 g
Carbohydrate	2.7 g		0.8 g
- sugars	1.7 g		0.5 g
Dietary Fibre	2.3 g		0.7 g
Sodium	206 g		62 mg
Ashwagandha	600 mg		182 mg
Vitamin B1	10 mg	870% RDI*	3 mg
Vitamin B2	10 mg	794% RDI*	3 mg
Vitamin B3	15 mg NE	100% RDI*	5 mg NE
Vitamin B5	10 mg	200% AI*	3 mg
Vitamin B6	10 mg	690% RDI*	3 mg
Vitamin B7	1 mg	3640% AI*	0.3 mg
Vitamin B12	10 ug	417% RDI*	3 ug
Folate	200 ug DFE	50% RDI*	61 ug DFE
Vitamin C	100 mg	222% RDI*	30 mg
Vitamin D	20 ug	1140% RDI*	6 ug
Magnesium	72 mg	20% RDI*	22 mg
Zinc	5 mg	45% RDI*	2 mg

Ingredients: Whey Protein Isolate (81%) (with Emulsifier (Sunflower Lecithin)), New Zealand Organic Golden Flaxseed Flour (3.3%), Organic Ashwagandha Extract, Nicotinamide, Pyridoxine Hydrochloride, Prebiotic Acacia Gum, Natural Flavour, New Zealand Sea Salt, Magnesium Phosphate, Sweetener (Monk Fruit Extract), Ascorbic Acid, Zinc Gluconate, Thiamine Hydrochloride, Calcium 5 Methyltetrahydrofolate, Cholecalciferol, Riboflavin, Cyanocobalamin and Biotin.

*RDI = Recommended Dietary Intake / *AI = Adequate Intake for Adults 19 - 70 years (NRV 2006). *NE = Niacin Equivalent. *DFE = Dietary Folate Equivalent.