

# Product Overview



## Whey Protein Blend 500g

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

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: 16 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.