



**Net Weight 2kg**  
per tub

**Ultimate**



- 1** Increases lean muscle mass
- 2** Helps decrease body fat with appropriate training
- 3** Increases strength and power
- 4** Delays onset of fatigue

**Nutritional Values Based on Vanilla Flavour**

Reference intake of an average adult (8400kJ/2000 kcal)

Serving size: **3 scoops (60g)**

Servings per container: **33**

Typical Values	Per 100g	Per 60g (Per Serving)
Energy	1629kJ 384kcal	978kJ 231kcal
Fats	3.68g	2.21g
of which saturates	2.28g	1.37g
Carbohydrates	46.11g	27.67g
of which sugars	8.75g	5.25g
Protein (Dry basis)	43.15g	25.89g
Salt	0.21g	0.13g

Active Ingredients	Per 60g (Per Serving)	NRV%
Creatine Monohydrate	3.00g	
Beta Alanine	2.00g	
Calcium HMB	2.00g	
Taurine	1.00g	
L-Leucine	3.08g	
Glutamic Acid	4.18g	
Vitamin C	12mg	15%
Vitamin E	1.8mg	15%
Niacin	2.4mg	15%
Selenium	8.25µg	15%
Vitamin A	120µg	15%
Vitamin B5	0.90mg	15%
Vitamin B2	0.21mg	15%
Vitamin B6	0.21mg	15%
Vitamin D3	0.75µg	15%
Vitamin B1	0.165mg	15%
Vitamin B12	0.38µg	15%
Folic Acid	30µg	15%
Biotin	7.5µg	15%



**Ingredients**

Whey Protein Concentrate, Maltodextrin, Dextrose, Creatine Monohydrate, Beta Alanine, Calcium HMB, Flavour, Taurine, L-Leucine, Thickener (Xanthan Gum), Emulsifier (Sunflower Lecithin), Medium Chain Triglyceride Powder\*, Citric Acid, Sweeteners (Sucralose, Steviol Glycosides), Co Enzyme Q10, Sodium Chloride, Ascorbic Acid, dl-Alpha Tocopherol Acetate, Niacinamide, Sodium Selenate, Vitamin A acetate, Calcium D-Pantothenate, Riboflavin, Pyridoxine HCl, Vitamin D3, Thiamine HCl, Cyanocobalamin, Folic Acid, D-Biotin.

