



**30g per bottle**  
15 bottles per pack

**Big Whey Shake & Take**

CHOCOLATE

STRAWBERRY

1 Ready-to-go pre-portioned bottles

2 High protein powder formula

3 Promotes muscle protein synthesis

4 Reduces muscle breakdown



**Nutritional Values Based on Strawberry Flavour**

Serving size: 1 bottle (30g)

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

Servings per bottle: 1

Typical Values	Per 100g	NRV%	Per 30g (Per Serving)	NRV%
Energy	382kJ 1619kcal		114kJ 485kcal	
Fats	4.1g		1.2g	
of which saturates	2.4g		0.7g	
Carbohydrates	6.0g		1.8g	
of which sugars	4.2g		1.3g	
Fibre	0.6g		0.2g	
Protein	80g		24g	
Salt	0.6g		0.2g	
Calcium	400mg	50%	120mg	15%
Glutamic Acid	18.3g		5.5g	
BCAA's	21.3g		6.4g	

**Ingredients**

Whey protein blend (milk) (whey protein isolate (sunflower lecithin), whey protein concentrate (sunflower lecithin), whey protein concentrate hydrolyzed); L-glutamine; BCAA powder (L-leucine, L-isoleucine, L-valine); flavours; thickener: xanthan gum; colours: beet juice; sweetener: sucralose.

