



MRM Shake & Take

- CHOCOLATE
- STRAWBERRY
- TROPICAL

- 1

Fast pre-filled bottles - simply add water
- 2

Whey protein concentrate for amino acid replenishment
- 3

Carbohydrate blend of maltodextrin and dextrose for rapid gastric emptying and glycogen replenishment
- 4

Sodium to ensure maximum hydration and to reduce muscle stress

100g per bottle  
15 bottles per pack



Nutritional Values Based on Tropical Flavour  
Reference intake of an average adult (8400kJ/2000 kcal)  
Serving size: 1 bottle (100g)  
Servings per bottle: 1

Typical Values	Per 100g	RDV%
Energy	385kJ 1631kcal	
Fats	2.5g	
of which saturates	1.6g	
Carbohydrates	55.4g	
of which sugars	17.1g	
of which starch	38.3g	
Fibre	0.2g	
Protein	35.0g	
Salt	0.38g	
Calcium	230mg	29%
Glutamic Acid	7.8g	
BCAA's	9.8g	

Ingredients

Maltodextrin; whey protein concentrate (milk) (sunflower lecithin); dextrose; BCAA vegan powder (l-leucine; l-isoleucine; l-valine); l-glutamine; flavour and natural flavour; colors: beta-carotene, beet juice powder; thickener: xanthan gum; salt; sweeteners: sucralose, rebaudioside A (stevia rebaudiana extract).

INFORMED  
WE TEST - YOU TRUST  
SPORT  
BANNED  
SUBSTANCE  
TESTED  
EVERY BATCH

HIGH  
PROTEIN

35g  
PROTEIN

9.8g  
BCAAS

V  
SUITABLE FOR  
VEGETARIANS

NUT FREE

GLUTEN FREE