

**Typically:**

	<b>per 30g</b>	<b>per 30g with 200ml SS Milk</b>
Energy	480KJ/115kcal	777KJ/185kcal
Protein	19.2g	26.4g
Carbohydrate	5.8g	15.7g
of which sugars	5.5g	15.4g
Fat	1.5g	2.1g
of which saturates	0.9g	1.1g
Dietary Fibre	0.0g	0.0g
Sodium	0.085g	1.76g
	<b>per 100g</b>	<b>per 30g</b>
Alanine	4.7g	1.4g
Arginine	2.2g	0.6g
Aspartic Acid	10.4g	3.1g
Cysteine	2.1g	0.6g
Glutamic Acid	17.0g	5.1g
Glycine	1.6g	0.5g
Histidine	1.7g	0.5g
Isoleucine	6.0g	1.8g
Leucine	10.0g	3.0g
Lysine	9.0g	2.7g
Methionine	1.9g	0.5g
Phenylalanine	2.9g	0.8g
Proline	5.3g	1.6g
Serine	4.7g	1.4g
Threonine	6.5g	1.9g
Tryptophan	1.3g	0.4g
Tyrosine	2.6g	0.8g
Valine	5.5g	1.6g

**Ingredients:**

Whey protein concentrate Flavouring, Freeze Dried Strawberry Powder, Citric Acid, Colour (Beetroot Red), Sweetener (Sucralose). \*From milk.