



SUPPLEMENT FACTS

Serving Size: 20 g

Servings per container: 25

Flavour: Lemon Macaroon

Typical Nutritional Values

	/ 20 g	/ 100 g
Energy	321 kJ / 77 kcal	1603 kJ / 384 kcal
Fat	1 g	4,8 g
- saturates	0,7 g	3,4 g
Carbohydrates	1,7 g	8,5 g
- sugars	1,5 g	7,4 g
Fibers	0,6 g	3,1 g
Proteins	15,5 g	78 g
Salt	0,09 g	0,43 g
Inuline	620 mg	3100 mg
Chloride (10%*)	80 mg	400 mg
L-Leucine (BCAA)	1698 mg	8490 mg
L-Valine (BCAA)	1006 mg	5030 mg
L-Isoleucine (BCAA)	1036 mg	5180 mg

* Nutrient references values

INGREDIENTS: milk proteins [whey protein concentrate (contains **milk**), whey protein isolate (contains **milk**)], inulin, flavour, thickening agents: E412/E415, potassium chloride, sweetener: E955, natural lemon powder.

ALLERGEN INFORMATION: milk.



NEW GENERATION OF PROTEIN

LIGHT DIGEST™ WHEY PROTEIN is a new generation of protein, extremely light, which can be used in any program for muscle tone and maintenance, weight loss, recovery,... It mixes with water or milk easily and is highly digestible thanks to inuline fibers and whey isolate. Gluten free.



HELPS REDUCE BODY FAT - LESS THAN 80 KCAL PER SERVING



LOW SUGAR & HIGH IN FIBERS



FLAVOURS: BELGIAN CHOCOLATE, COCONUT, CREME BRULEE, MACAROON LEMON, HAZELNUT CHOCOLATE, BANANA, WHITE CHOCOLATE, CUBERDON, PISTACHIO, NEUTRAL



PACKAGING: 500 G AND 40 G (2 SERVING SIZES)



USE: MIX DAILY 2 SERVINGS WITH 200-400ML OF WATER OR SKIMMED MILK

