

# LOW FAT • HIGH PROTEIN LOW SUGAR MEAL REPLACEMENT

## DIRECTIONS

Add 3 heaped scoops, roughly to the 200ml mark on the shaker bottle. Add water up to 500ml mark. Close the lid and shake vigorously. Powder should be stored in a cool dry place. Once made, the drink should be consumed within 2 hours, or on the same day if refrigerated.

## NUTRITIONAL INFORMATION (dry basis\*)

	Per 100g	Per 80g Serving
ENERGY Kilojoules	1663KJ	1330KJ
ENERGY Kilocalories	392KCAL	272KCAL
PROTEIN	80g	64g
CARBOHYDRATES (of which sugars)	30g	24g
FAT (of which saturates)	9.9g	7.9g
FIBRE	3.6g	2.9g
SODIUM	1.9g	1.5g
	3.0g	2.4g
	0.09g	0.08g

\* the above results are determined in the absence of water, which may comprise up to 6% as the powder absorbs moisture from the atmosphere.

## GRAMS OF AMINO ACIDS PER 100G OF PROTEIN

Glycine	27	Tryptophan 1	1.4
Alanine	3.8	Proline	7.4
Valine 1,2	6.9	Methionine 1	2.3
Leucine 1,2	6.6	Cysteine	1.5
Isoleucine 1,2	5.9	Lysine 1	7.3
Serine	4.4	Histidine	2.2
Threonine 1	3.9	Arginine 1	3.4
Tyrosine	2.2	Glutamine/ Glutamate	10.2
Aspartic Acid	10.2		
Phenylalanine 1	4.8		

1 - Essential amino acids:

2 - Branched chain amino acids

PLEASE NOTE:- Tryptophan from natural source

## TYPICAL COMPOSITION

	Per 80g serving	%RDA per serving
Vitamin A Retinol	214ug	27%
Vitamin D	14ug	28%
Vitamin E	2.6mg	26%
Vitamin B6	0.5mg	25%
Vitamin B12	2ug	100%
Thiamin (B1)	0.4mg	27%
Riboflavin (B2)	0.6mg	40%
Niacin	4.5mg	25%
Folic acid	64ug	32%
Biotin	14ug	28%
Pantothenic acid	1.8mg	30%
Calcium	400mg	50%
Phosphorus	264mg	33%
Iron	3.6mg	26%
Magnesium	124mg	41%
Zinc	5mg	39%
Iodine	39ug	26%

\*RDA means UK recommended daily amount.

## INGREDIENTS

Undenatured Cross-Flow Microfiltered Whey Protein Isolate (35%), Isolated Undenatured Casein (33%), Germinated Wholegrain Barley (enzyme active) (25%), Pea Fibre (stabiliser), Vitamin & Mineral blend (vitamin C; vitamin E; dicalcium phosphate, ferric orthophosphate; vitamin B3; vitamin A; zinc oxide; copper gluconate; vitamin B5; magnesium oxide; vitamin D3; vitamin B1; folic acid; vitamin B12; biotin; potassium iodide; manganese sulphate), natural flavour, calorie free sweetener (cyclamate).

## ALLERGY INFORMATION

This product contains dairy ingredients (whey, casein) and a small amount of pea fibre added to stabilise it in liquid, making a smoother drink.

## YOUR GUARANTEE OF QUALITY

Nutrisport manufacture all their own supplements in an EEC registered milk processing factory, shown by the oval HEALTHMARK symbol. We process no hormones, steroid precursors, meat products or stimulants on our plant, nor any substance banned under IOC drugs testing rules. We are the only UK brand that can make all of these claims at time of writing. Free from genetically modified organisms and any material derived there from. Nutrisport products are independently analysed by the United Kingdom Analytical Service.

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**CONTAINS NO NUTS, NO SOYA,  
NO WHEAT, NO MEAT PRODUCTS**

Before starting this or any weight loss diet or exercise regime, you should consult your doctor. Not suitable for children, infants or women who are pregnant or breastfeeding. May help slimming or weight control only when used as part of a calorie controlled diet. Not to be used as your only source of nutrition - you should eat at least one balanced meal per day. You should try to drink 2 litres of fluid per day - the best low calorie drink is water.

# Low GI Meal Replacement Mix with Whey, Micellar Casein + Active Barley

The most advanced and most economical meal replacement powder:

- Formulated to help athletes increase muscle mass and strength while reducing bodyfat.
- 2 pure protein sources:-  
WHEY PROTEIN ISOLATE giving quickly digested protein of high Biological Value, high in essential & branched chain amino acids.  
MICELLAR CASEIN giving slowly digested, sustained release amino acids.
- Germinated wholegrain barley provides low glycemic carbohydrate and both soluble and insoluble fibre (beta glucans), essential fatty acids and vitamins.

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- 3 Layman D, Baum J, 2003. "Dietary protein impact on glycemic control during weight loss". Journal of Nutrition, 134: S968-S973.
- 4 Damien P, McIntosh G, Owens J, 2005 High dietary protein reduces energy intake and visceral, subcutaneous and carcass fat. Journal of Nutrition 2005; (134: 1445-1458).
- 5 Lemon WR, 1998. "Effects of exercise on dietary protein requirements". International Journal of Sport Nutrition and Exercise, 34, S1688.
- 6 Hall et al. Casein and whey exert different effects on plasma amino acid profiles, gastrointestinal hormone secretion and appetite. Brit J Nutr 2003; 89:239-48.
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- 8 Robinson et al. Protein turnover and thermogenesis in response to high-protein and high carbohydrate feeding in men. AM J Clin Nutr 1990; 52:72-80.
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- 10 Belobrajdic D, McIntosh G, Owens J, 2004. "A high whey protein diet reduces body weight gain and alters insulin sensitivity relative to red meat in Wistar rats". Journal of Nutrition, 134:1454-1458.
11. Mithieux G et al, 2005. Portal sensing of intestinal gluconeogenesis is a mechanistic link in the diminution of food intake induced by diet protein. Cell Metabolism, Vol 2, 321-329, November 2005.

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using our FREE Scoop and Shaker Bottle**