

**Direction of use:** Add this sachet in 300ml cold water and enjoy the delicious protein.

## Nutritional Information

AMOUNT PER  
SERVING INFO: ( 30g  
Scoop )

	Value	%RDA
Total Fat	0.5 g	0.7 %
Total Carbos	5 g	**
Added sugar	0 g	**
Total Protein	22 g	40.7%
Prebiotics	0.5 g	**
Probiotics	2 billion	**
Calcium	12 mg	2.9%
Iron	4.3 mg	31.2%
Zinc	0.13 mg	24%
Sodium	116 mg	1.95%
Potassium	68 mg	2.2%