

Nutritional analysis

100% WHEY PROTEIN



| | p.100g | RI* |
|----------------------------|---------------------|------|
| Energetic value | 1686 kJ 399 kcal | 20% |
| Fat | 6,6 g | 9% |
| <i>of which saturated</i> | 4,5 g | 23% |
| Carbohydrates | 6,7 g | 3% |
| <i>of which sugars</i> | 6,7 g | 7% |
| Proteins | | |
| (on dry matter, Nx6,45) | 82 g | 164% |
| (on total matter, Nx6,25) | 77 g | 154% |
| Salt | 0,50 g | 8% |
| Vit. B1 (thiamine) | 1,4 mg | 127% |
| Vit. B2 (riboflavine) | 1,6 mg | 114% |
| Vit. B3 (niacinamid) | 18 mg | 113% |
| Vit. B5 (pantothenic acid) | 6,0 mg | 100% |
| Vit. B6 (pyridoxine) | 2,0 mg | 143% |
| Vit. B12 (cobalamine) | 1,0 µg | 40% |
| Vit. C (L-ascorbic acid) | 60 mg | 75% |
| Vit. E (tocopherol) | 10 mg | 83% |
| Vit. H (biotine) | 150 µg | 300% |
| Vit. M (folic acid) | 200 µg | 100% |
| Calcium | 355 mg | 44% |
| Phosphorus | 300 mg | 43% |
| Potassium | 500 mg | 25% |
| Magnesium | 100 mg | 27% |
| Iron | 14 mg | 100% |

* Reference intake of an average adult (8400 kJ/2000 kcal)