

REBUILD STRENGTH



SKU: 403K

Ingredients:

Milk protein concentrate, whey protein concentrate (from **milk**), fructose, sucrose, fat reduced cocoa powder, L-glutamine, whey protein isolate (from **milk**), maltodextrin, natural flavouring, sodium chloride, acidity regulator (tripotassium citrate), calcium caseinate (from **milk**), medium chain triglycerides, L-leucine, L-isoleucine, L-valine, sodium-L-ascorbate, thickener (guar gum), ferric (III) pyrophosphate, DL-alpha tocopherol, calcium-D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, D-biotin, cyanocobalamin. Allergy advice: for allergens, see ingredients in **bold**. **MAY CONTAIN SOYA AND EGG.**

Nutritional Information

Serving Size: 5 scoops (50 g)				
Servings per Pouch: 20				
	Per 100 g	% RI*	Per 50 g in 250 ml water	% RI*
Energy	380 kcal (1609 kJ)	-	190 kcal (805 kJ)	-
Fat	3.0 g	-	1.5 g	-
of which: saturates	1.6 g	-	0.8 g	-
Carbohydrates	36 g	-	18 g	-
of which: sugars	34 g	-	17 g	-
Fibre	1.5 g	-	0.8 g	-
Protein	51 g	-	25 g	-
Salt	1.2 g	-	0.6 g	-
VITAMINS AND MINERALS				
Vitamin E	9.1 mg	-	4.6 mg	38 %
Vitamin C	160 mg	-	80 mg	100 %
Thiamin	0.84 mg	-	0.42 mg	38 %
Riboflavin	1.1 mg	-	0.53 mg	38 %
Vitamin B6	1.1 mg	-	0.53 mg	38 %
Vitamin B12	1.9 µg	-	0.95 µg	38 %
Biotin	38 µg	-	19 µg	38 %
Pantothenic Acid	4.6 mg	-	2.3 mg	38 %
Iron	13 mg	-	6.3 mg	45 %
AMINO ACID				
L-Leucine	4713 mg	-	2367 mg	-
L-Glutamine	3400 mg	-	1700 mg	-
L-Valine	2830 mg	-	1410 mg	-
L-Isoleucine	2754 mg	-	1377 mg	-

*Reference intake

High-protein recovery drink with added L-glutamine and BCAAs. Designed for use after strength training.

KEY BENEFITS AND FEATURES

- Contains 25 g of protein per serving, which contributes to the maintenance and a growth of muscle mass
- Contains Casein and Whey protein, both high quality dairy proteins, recognised for their excellent amino acid content
- 190 kcal per serving to help manage your calorie intake
- Contains Vitamin B12 and Thiamin contributing to normal energy-yielding metabolism
- Iron contributes to normal energy-yielding metabolism, the formation of red blood cells and oxygen transport in the body
- No artificial colours, preservatives or sweeteners

RECOMMENDED USE

Add 5 level scoops (50 g) of Rebuild Strength to 250 ml of water, shake vigorously.

Consume within 30 minutes following anaerobic activity.

This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.

Banned Substance Tested: The Informed-Sport quality assurance programme certifies that a sample of the batch from which this product was created has been tested by LGC's world-class sports anti-doping lab, and found to contain no banned substances in its anti-doping screen. More details at www.informed-sport.com.