

**Nutritional value****80g**

Energetic value	293.7 kcal (1246.9kJ)
protein	17.6 g
Carbohydrates of which Sugars	53.8 g 5.4 g
Fats of which Saturated Fatty Acids	0.7 g 0.3 g
fiber	0.7 g
Sodium	0.16 g
Chloride	211 mg (26.4% *)
L-glutamine	2500 mg
BCCA	2000 mg
L-arginine	1000 mg

**Amino acid profile per serving**

alanine	1611 mg
arginine	1363 mg
Aspartic acid	1080 mg
cysteine	18 mg
Glutamic acid	2001 mg
glycine	3294 mg
histidine	177 mg
hydroxyproline	1824 mg
isoleucine	319 mg
leucine	691 mg
lysine	673 mg
Methionine	177 mg
phenylalanine	425 m g
proline	2019 mg
serine	602 mg
threonine	372 mg
tryptophan	71 mg
tyrosine	159 mg
valine	549 mg

\* RDA - Recommended Daily Intake