

## Certificate of Analysis

<b>Product Name:</b>	LEAN MASS GAINER - CHOCOLATE		
<b>Batch:</b>	(See base)	<b>Manufacture Date:</b>	
<b>Source:</b>		<b>Product Code:</b>	485
<b>Shelf Life:</b>	18 months from date of manufacture		
<b>Appearance:</b>	Granulated powder that is white to yellow in colour.		

<b>Nutritional Breakdown</b>	<b>Per 100g</b>	<b>Per 200g Serving</b>
Energy kcal	383	766
Energy kJ	1604	3207
Fat	6.1g	12.2g
Carbohydrate	45.5g	90.8g
Of which sugars	7.1g	14.2g
Fibre	4.2g	8.3g
Protein	34.6g	69.2g
Salt	0.192mg	0.383mg

<b>Vitamin &amp; Minerals</b>	<b>Per 100g</b>	<b>Per 200g Serving</b>	<b>%NRV per 100g</b>	<b>%NRV per 200g</b>
Vitamin E (mg)	6.0 mg	12.0mg	50%	100%
Vitamin B6 (mg)	5.3mg	10.5mg	375%	750%
Potassium (mg)	273.3mg	546.6mg	14%	27%
Calcium (mg)	209.5mg	419.0mg	26%	52%
Phosphorus (mg)	192.6mg	385.1mg	28%	55%
Magnesium (mg)	303.2mg	606.4mg	81%	162%
Zinc (mg)	15.4mg	30.7mg	110%	219%
Sodium (mg)	76.6mg	153.2mg		

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AMINO ACID	AMOUNT (g/100g)(as is)	AMOUNT (200g serving)
Alanine	1.5g	2.9g
Arginine	1.0g	2.1g
Aspartic Acid	3.2g	6.4g
Cystine	0.6g	1.2g
Glutamic Acid	7.1g	14.1g
Glycine	0.7g	1.5g
Histidine	0.8g	1.5g
Isoleucine	1.9g	3.8g
Leucine	3.5g	6.9g
Lysine	2.6g	5.1g
Methionine	0.6g	1.2g
Phenylalanine	1.3g	2.6g
Proline	2.4g	4.6g
Serine	1.6g	3.2g
Threonine	1.9g	3.7g
Tryptophan	0.7g	1.4g
Tyrosine	1.2g	2.3g
Valine	1.9g	3.7g

### INGREDIENTS:

Carbohydrate Blend (Hydrolysed Waxy Maize Starch, Fine Oats Flour (**Gluten**)), Protein Blend (Whey Protein Concentrate (**Milk, Soy**), Milk Protein Concentrate (Milk), Hydrolysed Whey Protein (**Milk, Soy**), Whey Protein Isolate (**Milk, Soy**)), Cocoa Powder, Glutamine Peptides (**Gluten**), Vitamin and Mineral Blend (ZMA (Magnesium Carbonate, Zinc Citrate, Vitamin B6 (Pyridoxine), Vitamin E ), Flaxseed, Natural Flavour, CLA Powder, Stabiliser (Xanthan Gum), Sweetener (Sucralose, Stevia), Enzyme Blend (Protease and Peptidase).

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ALLERGENS	RESULT
Cereals*	Present
Crustaceans	Absent
Egg	Present
Fish	Absent
Lupin	Absent
Milk	Present
Molluscs	Absent
Nuts**	Absent
Peanut	Absent
Soya	Present
Sesame	Absent
Celery and celeriac	Absent
Mustard	Absent
Sulphur dioxide and sulphites	Absent

**Suitable for vegetarians:** Yes

**Suitable for vegans:** No

**Advice:** Keep out of reach of children

Produced to ISO 22000 and 9001 Standards.

Made in a factory which also processes Dairy, Soya, and Cereals.

\*Contains: gluten – wheat, rye, barley, oats, spelt, kamut or their hybrid strains

\*\*Nuts include: almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut, Macadamia nut and Queensland nut

**Approved by:** Ross McManus