

761147 – ultraSPORTS Drink Powder Starter Yoghurt Fresh

Sales description

Dietary supplement. Flavour: Yoghurt fresh

Ingredients

Oat flour, **whey** protein, skimmed **milk yoghurt** powder, fructose, sweet **whey** powder, maltodextrin, saccharose, passion fruit powder, acidity regulator: citric acid, flavourings, vitamin mix (C, niacin, E, pantothenic acid, β carotene, B6, B2, B1, folic acid, biotin, B12), tricalcium phosphate, magnesium hydrogen carbonate, potato protein, lemon powder, zinc citrate, chromium (III) chloride, sodium selenate.

Nutritional information

Nutritional information	per 100 g		per serving or portion*	
	kJ	kcal	kJ	kcal
Energy	1537	365	1091	259
Fat [g]	3,9		2,7	
of which saturates [g]				
Carbohydrates [g]	61,4		43,6	
of which sugars [g]				
Fibre [g]				
Protein [g]	22,1		15,7	
Salt [g]				

761147 – ultraSPORTS Drink Powder Starter Yoghurt Fresh

Vitamins/minerals	per 100 g	% ¹	per serving or portion*	% ¹
Vitamin A [µg]	291		207	26
Vitamin E [mg]	7		5	42
Vitamin C [mg]	42		30	37
Thiamin (vitamin B1) [mg]	0,98		0,7	63
Riboflavin (vitamin B2) [mg]	1,12		0,8	57
Niacin [mg]	13		9	56
Vitamin B6 [mg]	1,4		1	71
Folic acid [µg]	140		100	50
Vitamin B12 [µg]	0,7		0,5	20
Biotin [µg]	105		75	149
Pantothenic acid [mg]	4		3	50
Potassium [mg]	568		404	20
Magnesium [mg]	70		50	13,3
Selenium [µg]	70		50	91
Chromium [µg]	112		80	199,3
Glutamine + Glutamine acid [mg]	2653		1883	
Leucine [mg]	1516		1076	
Lysine [mg]	1389		987	
Arginine [mg]	568		404	

¹ Percentage of recommended daily allowance

* 1 portion = 71 g. to prepare a 250 ml drink

Suggested usage

Stir 71 g (4 heaped tablespoons/1 sachet) of Starter into 250 ml of water or still mineral water.