

Typical Values	Per 100g	Per 60g
Energy	1467kJ	880kJ
Energy	349kcal	209kcal
Fat	6.7g	4.0g
of which saturates	3.0g	1.8g
Carbohydrate	12g	7.5g
of which sugars	3.9g	2.4g
Fibre	12g	7.1g
Protein	54g	32g
Salt	0.31g	0.19g
Vitamins and Minerals		
Caffeine	30.3mg	18.2mg
Choline	138.0mg	82.8mg
Green Tea Extract	450.0mg	270.0mg
L-Glutamine	1.9g	1.1g
CLA (Conjugated Linoleic Acid)	624.0mg	374.4mg

NRV = Nutrient Reference Value

Contains 16 servings