

# Guava and Sour Plum Performance Drink

Enhanced with quality dairy protein, this refreshing beverage can help aid in muscle recovery after exercise.

## INGREDIENTS

	Quantity (g)	Usage Level
U.S. Whey Protein Isolate (Instantized)	12.5	40.2
U.S. Whey Protein Isolate (Pre acidified)	12.5	40.2
Plum Powder (Sugar, Plum Powder)	3.3	10.6
Citric Acid	2	6.4
Guava Flavor	0.5	1.4
Plum Flavor	0.28	0.9
Sucralose	0.045	0.1
Salt	0.05	0.2
<b>Total</b>	<b>31.13</b>	<b>100</b>

## PREPARATION

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.



## BENEFIT OF USING U.S. DAIRY

- Whey Protein Isolate boosts protein content and is easily digested and absorbed by the body

## NUTRITIONAL CONTENT PER 100G (BASED ON DRY-MIX):

Per 100g	
<b>Calories</b>	344kcal
<b>Total Fat</b>	0.5g
Saturated Fat	0.2g
Trans Fat	0.1g
Cholesterol	10mg
<b>Total Carbohydrates</b>	18.2g
Dietary Fiber	0.8g
Sugars	6.8g
<b>Protein</b>	69g
Calcium	365mg
Magnesium	80.5mg
Phosphorus	869mg
Potassium	447mg
Sodium	230mg
Iron	0.6mg
Vitamin A	80IU
Vitamin C	0mg

Rely on the dynamic lineup of U.S. Dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)  
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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.