

ABC Healthy Aging Drink



Featuring the tasty combination of Apple, Beetroot and Carrot, start your day with this high quality protein drink that helps provide a healthy boost.

Nutrition Content Per 100g (based on dry-mix):

Calories 300kcal; **Total Fat** 1g; **Saturated Fat** 0g; **Trans Fat** 0g; **Cholesterol** 5mg; **Total Carbohydrates** 43g; **Dietary Fiber** 3g; **Sugars** 10g; **Protein** 46g; **Calcium** 258mg; **Magnesium** 63.3mg; **Phosphorus** 583mg; **Potassium** 507mg; **Sodium** 190mg; **Iron** 3mg; **Vitamin A** 14493IU; **Vitamin C** 26.9mg

Benefit of Using U.S. Dairy:

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

Ingredients:

U.S. Whey Protein Isolate (Instantized)	11.5g
U.S. Whey Protein Isolate (Pre acidified)	11.5g
Green Apple Flavor	0.55g
Fibersol	10g
Carrot Juice Powder	5g
Citric Acid	1g
Beetroot Powder	6g
Sucralose	0.05g
Salt	0.05g
Total	45.65g

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.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: www.ThinkUSAdairy.org/SEAsia