

Guava and Sour Plum Performance Drink



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

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

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

Benefit of Using U.S. Dairy:

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

Ingredients:

U.S. Whey Protein Isolate (Instantized)	12.5g
U.S. Whey Protein Isolate (Pre acidified)	12.5g
Plum Powder (Sugar, Plum Powder)	3.3g
Citric Acid	2g
Guava Flavor	0.5g
Plum Flavor	0.28g
Sucralose	0.045g
Salt	0.05g
Total	31.13g

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