

# Mango and Lime Performance Drink



*Infused with U.S. whey protein isolate, this delicious mango and lime flavored drink packs a protein punch.*

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

Calories 350kcal; Total Fat 0.5g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 10mg; Total Carbohydrates 12g; Dietary Fiber 0g; Sugars 2g; Protein 77g; Calcium 403mg; Magnesium 90.3mg; Phosphorus 975mg; Potassium 415mg; Sodium 300mg; Iron 1mg; Vitamin A 0IU; 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:**

<b>U.S. Whey Protein Isolate (Instantized)</b>	<b>12.5g</b>
<b>U.S. Whey Protein Isolate (Pre acidified)</b>	<b>12.5g</b>
Citric Acid	2.25g
Sucralose	0.045g
Mango Flavor	0.23g
Lime	0.07g
Orange Color	0.1g
Salt	0.05g
<b>Total</b>	<b>27.75g</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.

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

For additional information and recipes using U.S. dairy ingredients, visit: [www.ThinkUSADairy.org/SEAsia](http://www.ThinkUSADairy.org/SEAsia)