

Whey Protein Enriched Lychee Performance Drink



This refreshing, muscle-friendly whey protein beverage is great to enjoy post-workout.

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

Calories 90kcal; Total Fat 0g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 5mg; Total Carbohydrates 1g; Dietary Fiber 0g; Sugars 1g; Protein 21g; Calcium 112mg; Magnesium 450mg; Phosphorus 1057mg; Potassium 115mg; Sodium 50mg; Iron 0mg; 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:

U.S. Whey Protein Isolate (Instantized)	12.5g
U.S. Whey Protein Isolate (Pre acidified)	12.5g
Lychee Flavor	0.55g
Sucralose	0.045g
Total	25.6g

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



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