

Nutrition information of USN HYPERBOLIC MASS - BAG

	Per 100g	Per serving (300g)	*%RI
energy	1684kJ/398kcal	5052kJ/1194kcal	60
fat	5,3 g	16 g	23
of which saturates	3,7 g	11 g	55
carbohydrate	63 g	188 g	72
of which sugars	19 g	58 g	64
protein	21 g	63 g	126
salt	0,49 g	1,5 g	25
VITAMINS & MINERALS			
vitamin A		400 µg	50
vitamin D		2,5 µg	50
vitamin E		6 mg	50
vitamin K		38 µg	50
vitamin C		80 mg	100
thiamin		0,55 mg	50
riboflavin		0,7 mg	50
niacin		8 mg	50
vitamin B6		0,7 mg	50
folic acid		100 µg	50
vitamin B12		1,3 µg	50
biotin		25 µg	50
calcium		1310 mg	164
iron		14 mg	100
zinc		5 mg	50
OTHER			
glutamine		16 g	
intrinsic BCAAs		16 g	
creatine		5,4 g	

*Reference intake of average adult (8400kJ/ 2000 kcal).