ORGANIC WHEY PROTEIN

BANANA & LUCUMA

ADDITIVE FREE · SUITABLE FOR VEGETARIANS · GLUTEN FREE

600g ℮ | 16 servings

FREE FROM ULTRA PROCESSED RUBBISH

MADE WITH 100% REAL INGREDIENTS

Our organic whey protein powder is made without chemicals.

Filtered fresh whey from cheesemakers using organic milk from cows grazing on grass pastures. Turning waste into quality highly bioavailable protein, providing your body with rapid support from head to toe.

INGREDIENTS

Organic whey protein concentrate from organic milk (54%), organic drum dried banana powder (44%), organic lucuma powder (2%)

DIRECTIONS

Mix one serving (37.5g) with 100ml water or 150ml milk in a blender for a few seconds, shake vigorously in a hand shaker for 30 seconds, or use a handheld milk frother. Add the liquid first to prevent lumps. Use as needed or 1-2 times daily. If you're using a blender, you may need to add more liquid. A great addition to yoghurt, smoothies, & oats. 37.5g is roughly equivalent to 3 of our scoops, 5 level tablespoons, 90ml, or 0.38 cup. For a precise measurement please use scales.

ORGANIC WHEY FLAVOUR O METER

☺ FOR THE BEST TASTE → 75ml water / 100ml milk

☹ FOR THE WORST TASTE → 200ml water / 250ml milk

Over-diluted bananas don't taste good, so less liquid = The best taste

COLD FILTERED

UNDENATURED & BIOACTIVE*

HIGH BIOAVAILABILITY

NO ADDITIVES

WITH REAL ORGANIC BANANAS

RAPIDLY DIGESTED

*80% undenatured, thanks to low temperature filtration. Bioactive = beneficial proteins & antibodies (see bottom left).

Not a substitute for a varied and balanced diet & healthy lifestyle.

This product contains:
Calcium / contributes to normal muscle function & normal energy-yielding metabolism
Copper and Vitamin B12 / contribute to the normal function of the immune system & normal energy-yielding metabolism
Potassium / contributes to normal muscle function

Transparency from field to pack

The ingredients in this pack come from:
Whey Protein - Germany, **Bananas** - Ecuador, **Lucuma** - Peru

Mixed & packed in the UK.

We publish independent nutritional test certificates for every batch and give detailed information on all our ingredients at: **theorganicproteinco.com/transparency**

Working for a better future

We give 25p to Compassion in World Farming for every pack to help bring an end to factory farming, with over £50,000 donated so far.

71.4% PROTEIN

Nutrition information

Typical values	Per 100g	Per 37.5g serving
Energy kJ/kcal	1571/371	589.12/139.12
Fat	2.4g	0.9g
of which saturates	1.32g	0.495g
Carbohydrate	41.9g	15.71g
of which sugars	29g	10.88g
Fibre	4.6g	1.73g
Protein	43.1g	16.16g
Salt	0.288g	108mg
Calcium	431.6mg	161.85mg (20% RI)
Phosphorus	309mg	115.88mg (16.55% RI)
Potassium	889.1mg	333.4125mg (17% RI)
Vitamin B12	1.5mcg	0.5625mcg (20% RI)
Copper	0.5mg	0.1875gm (19% RI)

RI= reference intake of an average adult (8400 kJ/2000 kcal)

Bioactive protein fractions & antibodies

Per 100g

Alpha Lactalbumin	5.67g	Immunoglobulin G (IgG)	1.78g
Beta Lactoglobulin	20.57g	Lactoferrin	158mg

Amino acids

Per 100g (*=BCAA)

Alanine	2.33g	Lysine	4.6g
Arginine	1.15g	Methionine	4.6g
Aspartic Acid	5.29g	Phenylalanine	0.94g
Cysteine	1.14g	Proline	2.82g
Glutamic Acid	8.21g	Serine	2.69g
Glycine	0.93g	Threonine	2.69g
Histidine	0.87g	Tryptophan	830mg
Isoleucine*	3.16g	Tyrosine	1g
Leucine*	4.66g	Valine*	2.67g

Once opened, keep sealed, in a cool, dry place and use within 6 months