

# HECH®

## DAILY NUTRITION



# RICH`N CHOCOLATE SMOOTHIE PROTEIN



### VERZEHREMPFEHLUNG / RECOMMENDED CONSUMPTION

10 g Pulver / Powder 100 ml  
ca. 1 gefüllter Messlöffel Milch (1,5% Fett)  
approx. 1 filled measuring spoon Milk (1.5% fat)

+

 Morgens Breakfast	 Zwischenmahlzeit Snack	 Nach Aktivität After Activity	 Abends Nightrest
 Obst Fruit	 Müsli Cereals	 Desserts & Ice Cream	 Backwaren Cake Products

with

### NÄHRWERTE / NUTRITION INFORMATION

pro/per	100 g	1 Portion <sup>1</sup>
Energie/Energy	1.541 kJ (363 kcal)	355 kJ (84 kcal)
Fett/Fat	2,8 g	1,8 g
- davon gesättigte Fettsäuren/ of which Saturates	1,7 g	1,2 g
Kohlenhydrate/Carbohydrate	2,7 g	5,1 g
- davon Zucker/of which Sugars	1,2 g	4,9 g
Eiweiß/Protein	80 g	11 g
Salz/Salt	0,28 g	0,15 g

### VITAMINE / VITAMINS

pro/per	100 g (NRV <sup>2</sup> )	1 Portion <sup>1</sup> (NRV <sup>2</sup> )
Vitamin A (RE)	1.600 µg (200%)	173 µg (22%)
Vitamin D	10 µg (200%)	1,0 µg (21%)
Vitamin E (TE)	24 mg (200%)	2,4 mg (20%)
Vitamin C	160 mg (200%)	18 mg (22%)
Thiamin	2,2 mg (200%)	0,26 mg (23%)
Riboflavin	2,8 mg (200%)	0,46 mg (33%)
Niacin (NE)	32 mg (200%)	3,3 mg (21%)
Vitamin B6	2,8 mg (200%)	0,33 mg (23%)
Folsäure/Folic Acid	400 µg (200%)	44 µg (22%)
Vitamin B12	6,0 µg (240%)	1,0 µg (41%)
Biotin	100 µg (200%)	14 µg (27%)
Pantothensäure/ Pantothenic Acid	12 mg (200%)	1,6 mg (26%)

### MINERALSTOFFE / MINERALS

pro/per	100 g (NRV <sup>2</sup> )	1 Portion <sup>1</sup> (NRV <sup>2</sup> )
Calcium	1.100 mg (138%)	228 mg (29%)
Phosphor/Phosphorus	715 mg (102%)	163 mg (23%)
Magnesium	474 mg (126%)	59 mg (16%)
Eisen/Iron	28 mg (200%)	2,8 mg (20%)
Zink/Zinc	20 mg (200%)	2,4 mg (24%)
Kupfer/Copper	2,0 mg (200%)	0,21 mg (21%)
Mangan/Manganese	4,0 mg (200%)	0,40 mg (20%)
Selen/Selenium	110 µg (200%)	14 µg (26%)
Jod/Iodine	300 µg (200%)	33 µg (22%)

1 = 10 g Pulver / Powder + 100 ml Milch (1,5% Fett) / Milk (1.5% fat)

2 = Nährstoffbezugswerte / Nutrient Reference Values

**ZUTATEN: MILCHEIWEIß-PULVER (KASEIN) (77%), MOLKENEIWEIß-KONZENTRAT (11%), STARK ENTÖLTES KAKAOPULVER (7,0%), MAGNESIUMCARBONAT, SCHOKOLADEN-RASPELN (ZUCKER, KAKAOMASSE, FETTARMES KAKAOPULVER, KAKAO-BUTTER, EMULSIFIKATOR SOJA-LECITHIN) (1,0%), VERDICKUNGSMITTEL XANTHAN, AROMA, EMULGATOR SOJA-LECITHIN, SPEISESALZ, L-ASCORBINSÄURE, SÜßUNGSMITTEL SUCRALOSE UND SACCHARIN, EISENDIPHOSPHAT, D-α-TOCOPHERYLACETAT, COLOSTRUM-PULVER (0,1%), PAPAIN (0,07%), ZINKSULFAT, BROMELAIN (0,05%), NICOTINAMID, ACTINIDAIN (0,03%), LAKTASE (0,025%), CALCIUM-D-PANTOTHENAT, MANGANSULFAT, KUPFER-CARBONAT, PYRIDOXINHYDROCHLORID, THIAMINMONONITRAT, RIBOFLAVIN, RETINYLACETAT, PTEROYLMONOGLUTAMINSÄURE, KALIUMIODID, NATRIUMSELENIT, TRENNMITTEL SILICIUMDIOXID, D-BIOTIN, CHOLECALCIFEROL.**

**ALLERGIE-HINWEIS: KANN SPUREN VON GLUTEN, EI, ERDNÜSSEN UND SCHALENFRÜCHTEN ENTHALTEN.**

Es wird eine abwechslungsreiche und ausgewogene Ernährung sowie eine gesunde Lebensweise empfohlen.

**INGREDIENTS: MILK PROTEIN POWDER (CASEIN) (77%), WHEY PROTEIN CONCENTRATE (11%), FAT-REDUCED COCOA POWDER (7.0%), MAGNESIUM CARBONATE, CHOCOLATE RASPS (SUGAR, COCOA MASS, FAT-REDUCED COCOA POWDER, COCOA BUTTER, EMULSIFIER SOY-LECITHIN) (1.0%), THICKENER XANTHAN GUM, FLAVOUR, EMULSIFIER SOY-LECITHIN, SALT, L-ASCORBIC ACID, SWEETENERS SUCRALOSE AND SACCHARIN, FERRIC DIPHOSPHATE, D-ALPHA-TOCOPHERYL ACETATE, COLOSTRUM POWDER (0.1%), PAPAIN (0.07%), ZINC SULPHATE, BROMELAIN (0.05%), NICOTINAMIDE, ACTINIDIN (0.03%), LACTASE (0.025%), D-PANTOTHENATE-CALCIUM, MANGANESE SULPHATE, CUPRIC CARBONATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, RETINYL ACETATE, PTEROYLMONOGLUTAMIC ACID, POTASSIUM IODIDE, SODIUM SELENITE, ANTI-CAKING AGENT SILICON DIOXIDE, D-BIOTIN, CHOLECALCIFEROL.**  
**ALLERGY ADVICE: MAY CONTAIN TRACES OF GLUTEN, EGG, PEANUTS AND NUTS.**

A varied and balanced diet and a healthy lifestyle is recommended.

Getränkpulver zur Herstellung eines Proteingetränkes. Mit Zucker und Süßungsmitteln. Kühl (max. 21°C) und trocken lagern. Drink powder to prepare a protein drink. With sugar and sweeteners. Store cool (max. 21°C) and dry.

Portionen pro Packung ca.: 30 / Servings per container approx.: 30

## 300 g e 0.66 lbs

HECH® FUNCTIONAL NUTRITION  
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