

# HECH®

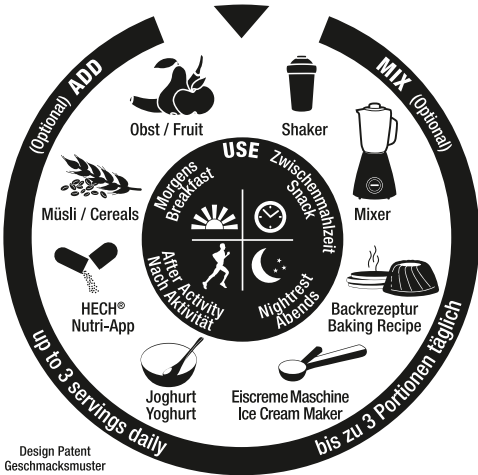
## ACTIVE



# RICH PROTEIN SHAKE

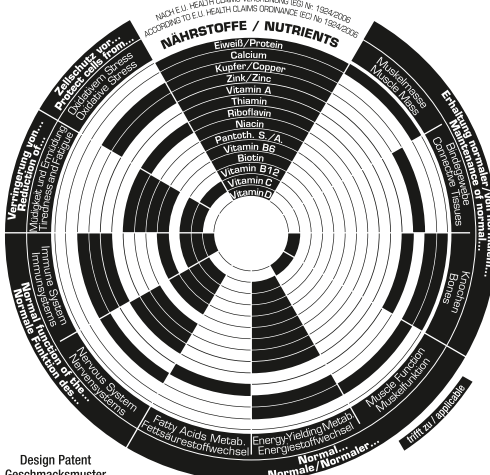
### VERZEHREMPFEHLUNG / RECOMMENDED CONSUMPTION

**25 g** ca. 2-3 gestrichene Messlöffel / approx. 2-3 level measuring spoons + **250 ml** Wasser / Milch / Water / Milk



### GESUNDHEITSBEZOGENE AUSSAGEN (E.U.) / HEALTH CLAIMS (E.U.)

Eiweiß, Vitamine & Mineralstoffe leisten folgenden Beitrag für die Gesundheit: Protein, Vitamins & Minerals contribute the following benefits to health:



### NÄHRWERTE / NUTRITION INFORMATION

Portionen pro Packung ca.: 20 / Servings Per Container approx.: 20

pro/per	100 g	Portion <sup>1</sup>
Energie/Energy	1,597 kJ (377 kcal)	399 kJ (94 kcal)
Fett/Fat	4,8 g	1,2 g
- davon gesättigte Fettsäuren/ of which Saturates	4,1 g	1,0 g
Kohlenhydrate/Carbohydrate	4,0 g	1,0 g
- davon Zucker/of which Sugars	1,9 g	0,5 g
Eiweiß/Protein	79 g	20 g
Salz/Salt	0,36 g	0,09 g

### VITAMINE / VITAMINS

pro/per	100 g (NRV <sup>2</sup> )	Portion <sup>1</sup> (NRV <sup>2</sup> )
Vitamin A (RE)	1.600 µg (200%)	400 µg (50%)
Vitamin D	10 µg (200%)	2,5 µg (50%)
Vitamin E (TE)	24 mg (200%)	6,0 mg (50%)
Vitamin C	160 mg (200%)	40 mg (50%)
Thiamin	2,2 mg (200%)	0,5 mg (50%)
Riboflavin	2,8 mg (200%)	0,7 mg (50%)
Niacin (NE)	32 mg (200%)	8,0 mg (50%)
Vitamin B6	2,8 mg (200%)	0,7 mg (50%)
Folsäure/Folic Acid	400 µg (200%)	100 µg (50%)
Vitamin B12	6,0 µg (240%)	1,5 µg (60%)
Biotin	100 µg (200%)	25 µg (50%)
Pantothensäure/Pantothenic Acid	12 mg (200%)	3,0 mg (50%)

### MINERALSTOFFE / MINERALS

pro/per	100 g (NRV <sup>2</sup> )	Portion <sup>1</sup> (NRV <sup>2</sup> )
Calcium	1.073 mg (134%)	268 mg (34%)
Phosphor/Phosphorus	660 mg (94%)	165 mg (29%)
Magnesium	434 mg (116%)	108 mg (24%)
Eisen/Iron	28 mg (200%)	7,0 mg (50%)
Zink/Zinc	20 mg (200%)	5,0 mg (50%)
Kupfer/Copper	2,0 mg (200%)	0,5 mg (50%)
Mangan/Manganese	4,0 mg (200%)	1,0 mg (50%)
Selen/Selenium	110 µg (200%)	27 µg (50%)
Jod/Iodine	300 µg (200%)	75 µg (50%)

### ZUTATEN (QUANTITATIV) / INGREDIENTS (QUANTITATIVE)

pro/per	100 g	Portion <sup>1</sup>
Papain	70 mg	17 mg
Bromelain	50 mg	13 mg
Actinidin	30 mg	7,5 mg
Laktase/Lactase	25 mg	6,2 mg

1 = 25 g Pulver / Powder + 250 ml Wasser / Water

2 = Nährstoffbezugswerte / Nutrient Reference Values

**ZUTATEN: MILCHEIWEIß-PULVER (KASEIN) (77%), MOLKEN-EIWEIß-KONZENTRAT (10%), KOKOSNUSSPULVER (3,0%), AROMA, KOKOSFLOCKEN (2,0%), MAGNESIUMCARBONAT, JOGHURT-PULVER (1,6%), VERDICKUNGSMITTEL XANTHAN, SÄUERUNGSMITTEL CITRONENSÄURE, MALTODEXTRIN, SPEISESALZ, NATRIUMCASEINAT, L-ASCORBINSÄURE, SÜßUNGSMITTEL (SUCRALOSE, SACCHARIN), EISENDIPHOSPHAT, D-α-TOCOPHERYLACETAT, ENZYM PAPAINE (0,07%), EMULGATOR SOJA-LECITHIN, ZINKSULFAT, ENZYM BROMELAIN (0,05%), NICOTINAMID, ENZYM AKTINIDIN (0,03%), ENZYM LAKTASE (0,025%), CALCIUM-D-PANTOTHENAT, MANGANSULFAT, KUPFERCARBONAT, PYRIDOXINHYDROCHLORID, THIAMINMONONITRAT, RIBOFLAVIN, RETINYLACETAT, PTEROYLMONOGLUTAMINSÄURE, KALIUMIODID, NATRIUMSELENIT, D-BIOTIN, CHOLECALCIFEROL.**  
**ALLERGIE-HINWEIS: KANN SPUREN VON GLUTEN UND EI ENTHALTEN.**

HECH® empfiehlt eine abwechslungsreiche und ausgewogene Ernährung sowie eine gesunde Lebensweise.

**INGREDIENTS: MILK PROTEIN POWDER (CASEIN) (77%), WHEY PROTEIN CONCENTRATE (10%), COCONUT POWDER (3.0%), FLAVOUR, COCONUT FLAKES (2.0%), MAGNESIUM CARBONATE, YOGHURT POWDER (1.6%), THICKENER XANTHAN GUM, ACID CITRIC ACID, MALTODEXTRIN, SALT, SODIUM CASEINATE, L-ASCORBIC ACID, SWEETENERS (SUCRALOSE, SACCHARIN), FERRIC DIPHOSPHATE, D-ALPHA-TOCOPHERYL ACETATE, ENZYME PAPAINE (0.07%), EMULSIFIER SOY-LECITHIN, ZINC SULPHATE, ENZYME BROMELAIN (0.05%), NICOTINAMIDE, ENZYME LACTASE (0.025%), D-PANTOTHENATE-CALCIUM, MANGANESE SULPHATE, CUPRIC CARBONATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, RETINYL ACETATE, PTEROYL MONOGLUTAMIC ACID, POTASSIUM IODIDE, SODIUM SELENITE, D-BIOTIN, CHOLECALCIFEROL.**  
**ALLERGY ADVICE: MAY CONTAIN TRACES OF GLUTEN AND EGG.**

HECH® recommends a varied and balanced diet and a healthy lifestyle.

Getränkpulver zur Herstellung eines Proteingetränkes. Mit Süßungsmitteln. Kühl (max. 21°C) und trocken lagern.  
 Drink powder to prepare a protein drink. With Sweeteners. Store cool (max. 70°F) and dry.

500 g e 1.1 lbs

HECH.COM

HECH® FUNCTIONAL NUTRITION  
 12623 BERLIN · MADE IN GERMANY