

HECH®

DAILY NUTRITION



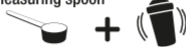
RICH`N FRUIT SMOOTHIE PROTEIN

MANGO-LASSI



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

with



Desserts &
Ice Cream



Backwaren
Cake Products

NÄHRWERTE / NUTRITION INFORMATION

pro/per	100 g	1 Portion ¹
Energie/Energy	1.529 kJ (360 kcal)	354 kJ (84 kcal)
Fett/Fat	1,5 g	1,7 g
- davon gesättigte Fettsäuren/ of which Saturates	1,0 g	1,1 g
Kohlenhydrate/Carbohydrate	7,8 g	5,6 g
- davon Zucker/of which Sugars	5,1 g	5,3 g
Eiweiß/Protein	78 g	11 g
Salz/Salt	0,33 g	0,15 g

VITAMINE / VITAMINS

pro/per	100 g (NRV ²)	1 Portion ¹ (NRV ²)
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%)
Pantothenensäure/ Pantothenic Acid	12 mg (200%)	1,6 mg (26%)

MINERALSTOFFE / MINERALS

pro/per	100 g (NRV ²)	1 Portion ¹ (NRV ²)
Calcium	1.071 mg (134%)	225 mg (28%)
Phosphor/Phosphorus	644 mg (92%)	155 mg (22%)
Magnesium	433 mg (116%)	55 mg (15%)
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 (9,4%), AROMA, MANGO-STÜCKE (2,5%), MANGO-FRUCHTPULVER (2,5%), MAGNESIUMCARBONAT, JOGHURTPULVER (1,3%), VERDICKUNGSMITTEL XANTHAN, SÄUERUNGSMITTEL CITRONENSÄURE, SPEISESALZ, L-ASCORBINSÄURE, SÜßUNGSMITTEL SUCRALOSE UND SACCHARIN, EISENDIPHOSPHAT, D-α-TOCOPHERYLACETAT, COLOSTRUM-PULVER (0,1%), PAPAIN (0,07%), ZINKSULFAT, BROMELAIN (0,05%), EMULGATOR SOJA-LECITHIN, NICOTINAMID, ACTINIDAIN (0,03%), LAKTASE (0,025%), CALCIUM-D-PANTOTHENAT, MANGANSULFAT, FARBSTOFF CAROTIN, KUPFERCARBONAT, PYRIDOXINHYDROCHLORID, RIBOFLAVIN, THIAMINMONONITRAT, RETINYLACETAT, PTEROYLMONOGLUTAMINSÄURE, KALIUMIODID, NATRIUMSELENIT, TRENNMITTEL SILICIUMDIOXID, D-BIOTIN, CHOLECALCIFEROL.

ALLERGIE-HINWEIS: KANN SPUREN VON GLUTEN UND EI ENTHALTEN.

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

INGREDIENTS: MILK PROTEIN POWDER (CASEIN) (77%), WHEY PROTEIN CONCENTRATE (9.4%), FLAVOUR, MANGO PIECES (2.5%), FRUIT POWDER MANGO (2.5%), MAGNESIUM CARBONATE, YOGHURT POWDER (1.3%), THICKENER XANTHAN GUM, ACID CITRIC ACID, 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%), EMULSIFIER SOY-LECITHIN, NICOTINAMIDE, ACTININ (0.03%), LACTASE (0.025%), D-PANTOTHENATE-CALCIUM, MANGANESE SULPHATE, COLOUR CAROTENE, CUPRIC CARBONATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMIN MONONITRATE, RETINYL ACETATE, PTEROYLMONOGLUTAMIC ACID, POTASSIUM IODIDE, SODIUM SELENITE, ANTI-CAKING AGENT SILICON DIOXIDE, D-BIOTIN, CHOLECALCIFEROL.

ALLERGY ADVICE: MAY CONTAIN TRACES OF GLUTEN AND EGG.

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

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. 21°C) and dry.

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

300 g e 0.66 lbs

HECH® FUNCTIONAL NUTRITION
 LANDSBERGER STRASSE 251
 12623 BERLIN | MADE IN GERMANY



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