

HECH®

DAILY NUTRITION



RICH`N YOGHURT 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

NÄHRWERTE / NUTRITION INFORMATION

pro/per	100 g	1 Portion ¹
Energie/Energy	1.537 kJ (362 kcal)	355 kJ (84 kcal)
Fett/Fat	1,6 g	1,7 g
- davon gesättigte Fettsäuren/ of which Saturates	1,0 g	1,1 g
Kohlenhydrate/Carbohydrate	3,5 g	5,2 g
- davon Zucker/of which Sugars	2,6 g	5,1 g
Eiweiß/Protein	83 g	12 g
Salz/Salt	0,40 g	0,16 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%)
Pantothensäure/ Pantothenic Acid	12 mg (200%)	1,6 mg (26%)

MINERALSTOFFE / MINERALS

pro/per	100 g (NRV ²)	1 Portion ¹ (NRV ²)
Calcium	1.125 mg (141%)	231 mg (29%)
Phosphor/Phosphorus	677 mg (97%)	159 mg (23%)
Magnesium	438 mg (117%)	56 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 (15%), JOGHURT-PULVER (3,0%), MAGNESIUM-CARBONAT, AROMA, VERDICKUNGSMITTEL XANTHAN, SÄUERUNGSMITTEL CITRONENSÄURE, SPEISESALZ, L-ASCORBINSÄURE, SÜßUNGSMITTEL SUCRALOSE UND SACCHARIN, COLOSTRUM-PULVER (0,1%), PAPAIN (0,07%), EISENDIPHOSPHAT, EMULGATOR SOJA-LECITHIN, D-α-TOCOPHERYLACETAT, BROMELAIN (0,05%), ZINKSULFAT, 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 UND EI ENTHALTEN.

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

INGREDIENTS: MILK PROTEIN POWDER (CASEIN) (77%), WHEY PROTEIN CONCENTRATE (15%), YOGHURT POWDER (3.0%), MAGNESIUM CARBONATE, FLAVOUR, THICKENER XANTHAN GUM, ACID CITRIC ACID, SALT, L-ASCORBIC ACID, SWEETENERS SUCRALOSE AND SACCHARIN, COLOSTRUM POWDER (0.1%), PAPAIN (0.07%), FERRIC DIPHOSPHATE, EMULSIFIER SOY-LECITHIN, D-ALPHA-TOCOPHERYL ACETATE, BROMELAIN (0.05%), ZINC SULPHATE, NICOTINAMIDE, ACTINIDIN (0.03%), LACTASE (0.025%), D-PANTOTHENATE-CALCIUM, MANGANESE SULPHATE, CUPRIC CARBONATE, PYRIDOXINE HYDROCHLORIDE, THIAMIN MONONITRATE, RIBOFLAVIN, RETINYL ACETATE, PTEROYLMONO-GLUTAMIC 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
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