



Whey Drink Vanilla

Good to know:

A high quality food with sweet whey, yogurt and Jerusalem artichoke powder and real bourbon vanilla for the preparation of a delicious whey drink. An ideal drink to support e.g. acidosis and diets.

Whey and yogurt powder contain lactose (milk sugar), which have a positive influence on a healthy intestinal flora. Jerusalem artichoke contains significant amounts of the nutrient inulin, an insoluble fiber that naturally aids digestion.

Zutaten:

Organic Sweet Whey Powder (70%)*, Organic Yogurt Powder*, Dextrin filler, Jerusalem Artichoke Powder *, Bourbon Vanilla (0.2%).

Contains lactose, milk protein.

* Certified organic.

DE-ÖKO-001

90% of agricultural ingredients were produced according to the basic rules for organic farming.

Average nutritional values	100 g powder	% of NRV recommended daily dose*
Calorific value	1229 kJ (289 kcal)	—
Fat	0,6 g	—
- of which are saturated fatty acids	0 g	—
Carbohydrates	56,6 g	—
- of which is sugar (lactose)	56,5 g	—
fiber	11 g	—
- of which is inulin	3 g	—
Protein	14 g	—
Salt	0,1 g	—
Calcium	579 mg	72
Magnesium	101 mg	27
Phosphorus	643 mg	92

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

The nutritional values are average data and are subject to natural variation of products with natural ingredients.

Preparation: We recommend to stir 3 tablespoons (20 grams) whey drink powder in ¼ liter of water, skimmed milk or fruit juice. By using a mixer or shaker you get a nice frothy, creamy drink.

Directions: As an in-between meal use ¼ - ½ l of whey or take 1½ – 2 l per day as cure. Can also be added to sweet or dairy foods, desserts and cereals.

Store in a dry place below 25°C. Protect from light.

Made in Germany

Contents 500 g

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