

GNG – German Nutrition GmbH

Product specification

according to Regulation (EU) Nr. 1169/2011
Mass Gainer Chocolate

Preparation

30 g in 300 ml Milk 1,5 % Fat

Ingredients

Maltodextrin 37,0 %, **Whey protein concentrate** (contains emulsifier **soy** lecithin) 22,9 %, Dextrose 18,3 %, Fructose 9,3 %, Cocoa powder highly deoiled 8,3 %, Thickening agent Xanthan gum 2,0 %, Flavour 1,7 %, L-Ascorbic acid 0,3 %, DL-alpha-tocopheryl acetate 0,1 %, Niacinamide 0,06 %, D-Calcium pantothenate 0,02 %, Riboflavin-5-phosphate < 0,01 %, Pyridoxine hydrochloride < 0,01 %, Thiamine mononitrate < 0,01 %, Pteroylglutamic acid < 0,01 %, Biotin < 0,01 %, Cyanocobalamin < 0,01 %

Nutritional Value

	===== Per 100 g =====			===== Per serving =====		
				30 g in 300 ml milk 1,5 % fat		
			%NRV*			%NRV*
	=====			=====		
Energy (kJ)	1627	kJ		1088	kJ	
Energy (kcal)	384	kcal		259	kcal	
Fat	3,0	g		5,7	g	
thereof saturated fatty acids	2,1	g		3,3	g	
Carbohydrates	69,1	g		35,1	g	
thereof Sugar	31,9	g		23,9	g	
Fiber	4,0	g		1,2	g	
Protein	20,6	g		16,0	g	
Salt	0,43	g		0,48	g	
Vitamin C	252	mg	315	80,7	mg	100
Vitamin B1	3,2	mg	299	1,1	mg	100
Vitamin B2	4,2	mg	300	1,8	mg	128
Vitamin B12	7,5	µg	300	3,5	µg	140
Vitamin B6	4,1	mg	299	1,3	mg	99
Vitamin E	37,9	mg	316	11,4	mg	95
Niacine	48,0	mg	300	14,6	mg	91
Biotin	150	µg	300	55,5	µg	111
pantothenic acid	17,9	mg	299	6,4	mg	107
Folic acid	600	µg	300	193	µg	96
Potassium	452	mg	22	600	mg	30
Calcium	114	mg	14	388	mg	48
Phosphorus	80,2	mg	11	297	mg	42
	=====			=====		

* Nutrient Reference Values according to Regulation (EU) Nr. 1169/2011

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Leucine	2,2	g	1,7	g
Lysine	1,9	g	1,4	g
Threonine	1,5	g	0,94	g
Valine	1,2	g	1,0	g
Isoleucine	1,2	g	1,0	g
Phenylalanine	0,71	g	0,75	g
Methionine	0,39	g	0,38	g
Tryptophan	0,30	g	0,23	g
Histidine	0,39	g	0,40	g
Proline	1,2	g	1,3	g
Tyrosine	0,61	g	0,72	g
Arginine	0,65	g	0,58	g
Glycine	0,44	g	0,36	g
Cysteine/Cystine	0,51	g	0,23	g
Glutamic acid	3,7	g	3,4	g
Aspartic acid	2,3	g	1,5	g
Serine	1,1	g	0,97	g
Alanine	1,0	g	0,70	g

Allergens

Gluten	*	Nuts	-
Crustaceans	*	Celery	-
Eggs	*	Mustard	-
Fish	-	Sesame seeds	-
Peanuts	-	Sulphur dioxide / sulph	-
Soybeans	+	Lupine	-
Milk	+	Mollusc	-

- absent
+ present
* possible cross contamination
? unknown

No obligation of GMO labelling as defined in EC reg. 1829/2003 / 1830/2003.

This information is based on calculations of our raw material suppliers. This is a theoretical nutritional value calculation and no analysis! The customer / distributors shall bear responsibility for the marketability of the products regarding ingredients, concentrations, dosages and labelling. All information without guarantee!

We do not assume guarantee of stability for hygroscopic raw materials and products.

The listed vitamins, minerals and amino acids are proportionally elementary components of the raw materials used and are therefore also subject to natural fluctuations.

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