

Post Workout High Protein

Our unique recovery drink with a high level of omega-3 fatty acids EPA & DHA, and protein. Perfect directly after explosive workouts & for reaching your daily protein goal. Made with fruit juices and has a fresh taste of raspberry. Ready to drink & easy to bring. Informed Sports Certified.



Helps you recover & stay ahead

- Enables muscle growth
- Benefits heart health
- Benefits brain health

Key features

- High content of EPA and DHA from sustainable, premium wild catch Norwegian cod liver oil (440 mg)
- 100% premium whey protein concentrate (15 g), with a natural high amino acids content (BCAA)
- Juice based with a fresh fruity taste and creamy texture
- Sustainable packaging

INGREDIENTS

Juice from concentrate (apple, grape), whey protein concentrate (**milk**), **fish** oil, malic acid, stabiliser (pectin), natural flavourings, antioxidant (tocopherol-rich extract), vitamin D₃ (cholecalciferol).

STORAGE

Store in a dry place (1-25°C). Protect from direct sunlight. Once container is opened, store in the refrigerator and use within 24 hours.

FLAVOUR

Raspberry

COUNTRY OF ORIGIN

Norway

CERTIFICATIONS

Informed Sport, Halal, Friend of the Sea

ALLERGENS

Fish, milk, gluten free, low in lactose

PACK SIZE

18 x 200 ml pull-tab cartons

SHELF LIFE

15 months from production

Nutritional content	100 ml	200 ml (per portion)
Energy	399 kJ 95 kcal	798 kJ 190 kcal
Fat	2.7 g	5.4 g
of which		
– Saturated fatty acids	1.4 g	2.8 g
– Monounsaturated fatty acids	0.6 g	1.2 g
– Polyunsaturated fatty acids	0.3 g	0.6 g
Carbohydrates	10 g	20 g
of which		
– Sugars	9.4 g	19 g
Fibre	0.4 g	0.8 g
Protein	7.4 g	15 g
Salt	0.1 g	0.2 g
Vitamin D <i>*of reference intake</i>	2.5 µg	5.0 µg (100%*)
Omega-3 fatty acids	0.3 g	0.6 g
– DHA	130 mg	260 mg
– EPA	90 mg	180 mg