Product Description	HYDRA 6 1816G CHOCOLATE CHARGE
Ingredients List	Whey (Milk) Protein Isolate, Ultra filtered Micellar Casein (Milk), Cocoa Powder, Creamer (Fractionated Palm Oil), Flavouring, Polydextrose, Resistant Dextrin (Fibersol), Tapioca Starch, Xanthan Gum (Thickener), Sweetener (Sucralose).
Allergen Statement	Milk, maty contain Cereals containing gluten, egg and peanuts
Net Quantity	1816g
Storage Instructions	To maintain product freshness, store in a cool, dry place and reseal tub after use. This product is sold by weight. Some settling may occur. Shake container before use.
Instructions for Use	Mix 1 serving (2 level scoops) with 200mL cold water or milk in a glass or shaker cup. Use between major meals and after exercise. Drink 8 to 10 glasses of water daily. For maximum results, consume 3-4 servings daily for a minimum of six weeks.
Origin/Provenance	EU
Nutrition Information	TYPICAL VALUES PER 100g PER SERVING (35g) Energy kJ 1540 (539) kcal 369 (129) Fat 5.5 (1.9) - of which saturates 3 (1.1) Carbohydrates 8 (2.8) - of which sugars 3.8 (1.3) Fibre 7.3 2.(6) Protein 68 (24) Salt 0.43 0.(15)
Nutrition Claims	high in protein,
Health Claims	*Protein contributes to the growth and maintenance of muscle mass
Marketing Claims	

WARNINGS	Warning: Do not exceed Daily Recommended Dose. This product is a food supplement and should not be used as a substitute for a varied diet and balanced lifestyle. Keep out of the reach of children. Do not use if you are pregnant or lactating. Consult a physician or healthcare professional before starting any diet or exercise programme. Discontinue use and consult a physician or healthcare professional if you experience any unusual symptoms. Do not use if the packaging has been tampered with.