Product Description	MUSCLE MACHINE LEAN CHOCOLATE MILKSHAKE 1840G
Ingredients List	Protein Blend (Whey Protein Concentrate (Milk), Whey Protein Isolate (Milk), Milk Protein Concentrate), ModCarb™ Five-Grain Mix (Oat Bran, Amaranth, Buckwheat, Millet, Quinoa), Tapioca Starch, Oatmeal, Cocoa Powder, Glutamine Peptides (Wheat), Flavourings, Potassium Phosphate, Resistant Dextrin, Thickener: Xanthan Gum; Whole Milk Powder, Conjugated Linoleic Acid Powder, Taurine, Calcium β-Hydroxy-β-Methyl Butyrate, Magnesium Citrate, Medium-Chain Triglyceride Powder (Palm Kernel Oil, RSPO Certified) Coconut Oil powder, Green Tea Extract, Sunflower Oil Powder, Sweetener: Sucralose; Zinc Citrate, Pyridoxine Hydrochloride, Natural Flavourings, Chromium Picolinate, Emulsifier: Soya Lecithin.
Allergen Statement	Made in a factory that also handles Nuts, Egg, Fish, Molluscs and Crustaceans. Suitable for Vegetarians. MILK,
Net Quantity	1840g
Storage Instructions	Store in a cool, dry place. Store out of the reach of children.
Instructions for Use	Mix 1 serving (2 level scoops) of Muscle Machine® Lean with 300ml - 400ml of cold water or milk depending on desired consistency. For those looking for lean gains, we recommend mixing with water. Use between meals and (or) after exercise. Drink at least 8 - 10 glasses of water daily. FOR MAXIMUM RESULTS consume 1-2 shakes daily for a minimum of 6 weeks, 1 an hour before training (training days) or mid-morning (non-training days) and a second following training (training days) or mid-afternoon (non-training days)
Origin/Provenance	UK
Nutrition Information	Nutrition 80g in 300mL water Energy (kj) 1260 Energy (kcal) 298 Fat 5.2g Of which saturates 1.7g Of which mono-saturates 1.6g Of which poly-saturates 1.6g Carbohydrate 20g Of which sugars 3.1g Fibre 3.7g Protein 40g Salt 0.59g BCAA Profile L-leucine 4.4g L-isoleucine 2.6g L-valine 2.5g

Nutrition Claims	Zinc, high protein
Health Claims	Protein contributes to growth and maintenance of muscle mass Zinc contributes to the maintenance of normal testosterone levels in the blood Zinc contributes to normal protein synthesis
Marketing Claims	
WARNINGS	WARNING: DO NOT exceed two servings (4 scoops/160g) per day. Not to be used by those under 18 years of age. This product is to be used in conjunction with a sensible diet and exercise programme for best results. Grenade® Muscle Machine® LEAN is a food supplement but should not be used as a substitute for a healthy, balanced diet and lifestyle. This product is not intended to diagnose, cure or prevent disease. Store in a cool, dry place away from strong light and odours. Store out of the reach of children.