DIET WHEY ISOLEAN

13 SERVINGS

1 SCOOP

ANYTIME

RECOMMENDED USE

1 with 150-200ml water (25g Protein)

- Mix ±1 scoop (35g) into 150-200ml cold water and shake well. Have 2-3 servings of DIET WHEY ISOLEAN daily. Use at any stage throughout the day when a high-protein drink is required.

CORE BENEFITS OF INGREDIENTS

- Protein contributes to the maintenance of lean muscle*.
- Vitamin D contributes to maintenance of normal bones and muscle function.
- Vitamin C maintains the normal function of the immune system, and contributes to the reduction of tiredness and fatigue.
- Calcium supports normal energy-yielding metabolism and normal function of digestive enzymes. It is also needed for the maintenance of normal bones & teeth.
- Vitamin B6 supports normal protein and glycogen metabolism, normal function of the immune system, and regulation of hormonal activity.
- Vitamin B12 contributes to the reduction of tiredness and fatigue; it also contributes to normal function of the immune system.
- Phosphorus contributes to normal energy yielding metabolism and the maintenance of normal bones.
- Magnesium contributes to a reduction of tiredness and fatigue. It is also needed for normal energy yielding metabolism, as well as normal functioning of the nervous system and muscles.
- Zinc contributes to protection of cells from oxidative stress.
- Contains Tolerase™ L pH-stable lactase. Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose.

PRODUCT INFORMATION

USN's DIET WHEY ISOLEAN represents the latest and most advanced nutrition technology in the pursuit of the maintenance of lean muscle tissue.

This delicious protein drink mix is a source of fibre and protein, the main source being whey protein. DIET WHEY ISOLEAN can be taken at any time of the day and contains ingredients that may support the maintenance of lean muscle.

The USN LeanSystem™ blend consists of Green Tea Extract, N-acetyl-l-carnitine, HCA (Hydroxycitric Acid) as part of *Garcinia cambogia*, fibre and a high level of bioavailable calcium.

DIET WHEY ISOLEAN is available in delicious flavours and is quick and easy to prepare.

IMPORTANT NOTICE: Not recommended for pregnant/lactating women or individuals under the age of 18. Consult your doctor prior to use if you have a medical condition. If experiencing headache, gastric discomfort, nausea or depression, lower dosage or discontinue. Higher fibre intakes may initially cause gastric discomfort and flatulence if one is not accustomed to this. This should pass within a few days. It is important to drink at least 10-12 glasses of water per day. Do not exceed the recommended daily intake. This product should not replace a varied, balanced diet and a healthy lifestyle. Tolerance to lactose is variable – please seek advice as to the role of lactase in the diet.

HIGH PROTEIN DRINK MIX WITH SWEETENER, BOTANICALS, VITAMINS AND MINERALS | 454g | KEEP THIS PRODUCT IN A COOL, DRY PLACE OUT OF REACH OF CHILDREN

USN®

NUTRITIONAL INFORMATION

(Average across flavours)
Serving size: 35g (±1 scoop)
Approx. servings per bag: 13

	PER 100g	%RI*	PER 35g	%RI*
ENERGY	1552kJ 376kcal	20	544kJ 132kcal	7
FAT	6.1g	9	2.1g	3
OF WHICH SATURATES	2.1g	11	0.7g	4
CARBOHYDRATE	4.3g	3	1.5g	1
OF WHICH SUGARS	3.6g	4	1.2g	1
FIBRE	8.2g		2.8g	
PROTEIN	70.1g	140	24.5g	49
SALT	0.61g	10	0.21g	4
VITAMINS AND MINERALS				
VITAMIN D	50µg	1000	17.5µg	350
VITAMIN C	500mg	625	175mg	219
VITAMIN B6	10mg	714	3.5mg	250
VITAMIN B12	5µg	200	1.8µg	72
CALCIUM	538mg	67	188mg	23
PHOSPHORUS	375mg	54	131mg	19
MAGNESIUM	496mg	132	174mg	46
ZINC	30mg	300	10.5mg	105
OTHER				
GREEN TEA EXTRACT	570mg		200mg	
N-ACETYL-L-CARNITINE	600mg		210mg	
GARCINIA CAMBOGIA	400mg		140mg	
FRUCTOOLIGOSACCHARIDES (FOS)	5.4g		1.9g	

* Reference Intake based on a 8400kJ/2000kcal diet.

INGREDIENTS: Whey protein isolate and concentrate blend (84%) (**Milk**), **Milk** protein isolate, Emulsifier (**Soya** lecithin), Fructooligosaccharides (FOS), Cocoa powder (only in Cookies and Cream variant), Polydextrose, Flavouring, Vitamin blend (Magnesium oxide, Ascorbic acid, Maltodextrin, Zinc oxide, Vitamin D, Vitamin B12, Pyridoxine hydrochloride), N-Acetyl-L-Carnitine, Green tea extract, Thickeners (Guar gum, Xanthan Gum), *Garcinia cambogia*, Sodium chloride, Sweetener (Sucralose), Colour [Red beet powder (only in Strawberry cheesecake, Battenberg and Cherry Bakewell variants), Carotene (only in Battenberg variant), Caramelised sugar syrup (only in Peanut butter variant)], Tri-calcium phosphate, Tolerase™ L (pH-stable lactase).

ALLERGENS: For allergens, see ingredients in **bold**. Whey may contain traces of **soya** protein (from lecithin).

The ingredients used to formulate this product are not sports banned substances. Professional athletes should refer to the USN website for more information on prohibited substances in sport.

Tolerase™ L is a Trademark of DSM.

Tolerase™ L