

NET WT:

1380 G

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Oats are a well-liked source of nutrition for many people, engaged in heavy physical activity or not. For your convenience, in this product we already combined oats and a high-quality whey protein for a meal that can be consumed at any time of the day to support your activities. The added protein is exclusively from whey. Dietary proteins are the source of nitrogen and indispensable amino acids, which the body requires for tissue growth and maintenance. Therefore the protein in Oat 'n' Whey contributes to the growth and maintenance of muscle mass and also to the maintenance of normal bones*.

Whey protein from milk is a so-called complete protein, because it provides the body with all necessary amino acids, including the 9 amino acids (i.e. Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine) that are considered essential for life, because the body cannot synthesize them. Determination of the nutritional efficiency of protein in the diet is in most cases based on estimating the extent to which dietary protein nitrogen is absorbed and retained by the body and is able to balance daily nitrogen losses. Net Protein Utilisation (NPU) is the percentage of ingested nitrogen that is retained in the body, and the Biological Value (BV) gives the percentage of absorbed nitrogen that is retained. Biological Value is the product of NPU and digestibility. Whey protein has good digestibility and amino acid composition, thus its Biological Value is great compared to other dietary protein sources like meat, fish, eggs or soy.

This product provides an added extra amino acid, Taurine.

*These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).

OAT 'N' WHEY
Powder with oat flour, proteins, taurine,
sugar and sweeteners

Nutrition Information

Serving size: 92 g (2 ¼ scoops)

Servings Per Container: 15

Amount per serving	92 g	RI%*	100 g	RI%*
Energy	1487 kJ/354 kcal	18%	1608 kJ/383 kcal	19%
Fat	6.0 g	8.6%	6.5 g	9.3%
of which Saturates	3.0 g	15%	3.3 g	17%
Carbohydrate	40 g	15%	43 g	17%
of which Sugars	3.0 g	3.3%	3.3 g	3.7%
Protein	35 g	70%	38 g	76%
Salt	0.92 g	16%	1.0 g	17%
Fiber	6 g		6.5 g	
		NRV%**		NRV%**
Potassium	365 mg	18%	397 mg	20%
Taurine	300 mg		326 mg	

*RI%: Reference intake of an average adult (8400 kJ/2000 kcal).

**NRV%: nutrient reference values

Ingredients: Oat flour (*Gluten*), Ultrafiltered whey protein concentrates (from *Milk*, Emulsifier: *Soy Lecithin*), Dextrose, Fat-reduced Cocoa Powder (10-12%), Flavors (Chocolate, Creamy Vanilla), Sodium Chloride, Taurine, Sweeteners (Acesulfame K, Sucralose), Thickener (Xanthan Gum).

Directions: Mix 1 serving (92 g) daily with 400 ml water or milk. You can eat Oat 'n' Whey with a spoon, or drink it as a shake as well at any time of the day.

Warnings: KEEP OUT OF REACH OF CHILDREN!

Allergen info: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.

Storage conditions: Store in a cool, dry place! Heat and sunlight may damage the bottle.

Best before end: see on packaging. (MM/YYYY)

Batch number: see on packaging.



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SCITEC NUTRITION®

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