



Health Food Solutions

BLUE SHAKE (FOR SENIORS)

Item No.: 5449219

A person's body changes with age – the ability to absorb vitamins and minerals decreases and we start to lose muscle mass. In addition, our appetite is often much smaller when we are older, which means fewer essential nutrients are absorbed via our diet.

This is why we have developed a protein shake for seniors, with the added vitamins and minerals that we often lack in later years. The proteins contribute to the maintenance and growth of muscle mass. The shake also contains potassium, calcium, magnesium, thiamine (vitamin B1) and folic acid. Potassium contributes to the maintenance of normal blood pressure and thiamine contributes to the normal function of the heart. Calcium is needed for the maintenance of normal bones.

For the final touch, the shake has a delicious grape and blueberry flavour.



Benefits

- High protein content
 - Proteins contribute to the maintenance and growth of muscle mass.
- With potassium
 - Potassium contributes to the maintenance of normal blood pressure.
- With thiamine (vitamin B1)
 - Thiamine contributes to the normal function of the heart.
- With calcium
 - Calcium is needed for the maintenance of normal bones.
- With folate
 - Folate contributes to the normal function of the immune system.
- With magnesium
 - Magnesium contributes to normal energy-yielding metabolism.



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Description

Food supplement with plant proteins, vitamins, minerals and sweeteners

Dosage per serving and use

Add 30 g of the powder to 300 ml water and mix it.

Technical data

Flavours: Grape Blueberry
 Shelf life: 18 – 24 months, depending on the packaging format
 Storage: Store in a cool, dry and dark place.

Packaging: 

Allergy information

Soy/ soy products, lupin/ lupin products

Ingredients (Grape Blueberry)

Soy protein isolate (Glycine max), sweet **lupin** flour (Lupinus angustifolius), sweetener: erythritol, natural flavouring, flavouring, potassium citrate, sango sea coral powder (contains 20 % calcium and 10 % magnesium), sweetener: steviol glycosides from stevia, colour: brilliant blue FCF, thiamin hydrochloride, pteroylmonoglutamic acid

Nutrition Information (Grape Blueberry)	per 100 g powder	per serving (30 g)
Energy	1294 kJ	388 kJ
Energy	309 kcal	93 kcal
Fat	1.4 g	< 0.5 g
-of which saturates	0.4 g	0.1 g
Carbohydrate	18 g	5.4 g
-of which sugars	1.9 g	0.6 g
Fibre	7.5 g	2.2 g
Protein	60 g	18 g
Salt	1.8 g	0.54 g

All data are subject to usual variations in natural products.

Nutrients and other substances	per serving (30 g)	% NRV *
Potassium	300 mg	15
Sango sea coral powder	600 mg	**
-of which calcium	120 mg	15
-of which magnesium	60 mg	16
Vitamin B1	0.55 mg	50
Folic acid	99 µg	50

* Percent of nutrient references values (NRV) according to Regulation (EU) Nr. 1169/2011 | ** No NRV available

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