



Sports Nutrition

PROTEIN PUDDING

Item No.: 5449186

Our delicious protein pudding is the ideal health snack for in between meals or as a supplement for an extra protein boost as it has a high protein content.

Available in classic vanilla and chocolate flavours as well as many other varieties such as baked apple, lemon cheesecake or hazelnut & vanilla.



Benefits

- Contains milk protein isolate
- 9.8 g protein per serving
- Possible varieties: Vanilla, chocolate, hazelnut & vanilla, caramel, lemon cheesecake, baked apple, Baileys, chocolate Baileys
- Easy to prepare



Did you know ...

... that adequate protein intake can stop hunger pangs?

A diet that contains more protein can also ensure you have fewer hunger pangs. A few small changes to the way you eat – such as eating a protein pudding for dessert – can make a big difference.



BHI Biohealth International GmbH
Heinrich-Wirth-Straße 13
D-95213 Münchberg
Germany

T +49 (0)9251 870 87-20
F +49 (0)9251 870 87-50
request@biohealth-int.com


www.biohealth-int.com/en

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Description

Protein-pudding-powder based on animal protein with sweeteners

Dosage per serving and use

Add 16 g powder to 150 ml milk (1.5 % fat) in a pot. Heat the pot until the liquid boils and thickens. Serve warm or cold.

Technical data

Flavours: Vanilla, chocolate, hazelnut & vanilla, caramel, lemon cheesecake, baked apple, Baileys, chocolate Baileys

Shelf life: 18 – 24 months, depending on the packaging format

Storage: Store in a cool, dry and dark place.

Packaging: 

Ingredients (vanilla)

Corn starch, 19.2 % collagen peptides (bovine), 15.2 % **milk** protein isolate, flavouring, natural flavouring, 0.4 % vanilla powder, colour: beta-carotene, salt, sweetener: sucralose, steviol glycosides from stevia

Nutrition Declaration	per 100 g	per serving ¹
Energy	1482 kJ / 354 kcal	539 kJ / 128 kcal
Fat	0.6 g	2.5 g
-of which saturates	0.2 g	1.7 g
Carbohydrate	57 g	16 g
-of which sugars	5.5 g	8.1 g
Fibre	< 0.5 g	< 0.5 g
Protein	30 g	9.8 g
Salt	0.46 g	0.25 g

¹ 16 g powder in 150 ml milk (1.5%)

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