



INGREDIENTS

Soy protein, Sugar, Vegetable fat, Fructo-oligosaccharide (FOS), Probiotics (Lactobacillus acidophilus), Anticaking agent, Vitamins and Minerals, Flavourants

DIRECTIONS: (Instant) Just add water

Add 200ml clean water to 40g of Helluva energy drink mix and stir until completely dissolve and enjoy.

INDELELA YOKUXUBA: VELE UXUBE NAMANZI

Thela amanzi i 200ml yamanzi ahlanzekile ku 40g we-Helluva energy drink. Xuba bese uya govuza kuze kungabonakali impuphu yeHelluva Energy drink. Manje usungayi phuzo

RECOMMENDATIONS

1 portion of 40g HELLUVA ENERGY DRINK MIX per day will provide a nutritious meal.

	UNIT	PER SERVING OF 100G
Energy	kJ	1700.0
Carbohydrates	g	50.0
Protein	g	22.5
Fat	g	13.5
Vitamin A	mcg	1000.0
Vitamin D	mcg	6.0
Vitamin K	mcg	22.5
Vitamin E	mg	5.0
Vitamin C	mg	35.0
Folic acid	mg	550.0
Thiamin (B1)	mg	4.0
Riboflavin (B2)	mg	5.0
Vitamin B6	mg	5.0
Vitamin B12	mcg	2.8
Niacin	mg	42.5
Panththenic Acid	mg	12.5
Sodium	mg	525.0
Potassium	mg	625.0
Chloride	mg	625.0
Calcium	mg	425.0
Phosphorus	mg	355.0
Manganese	mg	1.3
Copper	mg	0.2
Zinc	mg	6.0
Iron	mg	4.5
Selenium	mcg	35.0
Probiotics	cfu	3x10 ⁹ **
FOS	g	8.5