

ABC Healthy Aging Drink

Featuring the tasty combination of Apple, Beetroot and Carrot, start your day with this high quality protein drink that helps provide a healthy boost.

INGREDIENTS

	Quantity (g)	Usage Level
U.S. Whey Protein Isolate (Instantized)	11.5	25.19
U.S. Whey Protein Isolate (Pre acidified)	11.5	25.19
Green Apple Flavor	0.55	1.20
Fibersol	10	21.91
Carrot Juice Powder	5	10.95
Citric Acid	1	2.19
Beetroot Powder	6	13.14
Sucralose	0.05	0.11
Salt	0.05	0.11
Total	45.65	100

PREPARATION

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.



BENEFIT OF USING U.S. DAIRY

- Whey Protein Isolate boosts protein content and is easy digested and absorbed by the body.

NUTRITION CONTENT PER 100G (BASED ON DRY-MIX):

Per 100g	
Calories	300kcal
Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	5mg
Total Carbohydrates	43g
Dietary Fiber	3g
Sugars	10g
Protein	46g
Calcium	258mg
Magnesium	63.3mg
Phosphorus	583mg
Potassium	507mg
Sodium	190mg
Iron	3mg
Vitamin A	14493IU
Vitamin C	26.9mg

Rely on the dynamic lineup of U.S. Dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy) www.linkedin.com/company/ThinkUSAdairy

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.