

# High-Protein Lemon Lime Sports Beverage



## INGREDIENTS


	Baker's (%)	Usage Levels (%)
Fructose	350.67	77.24
<b>Whey protein isolate (WPI)</b>	<b>90.80</b>	<b>20.00</b>
Citric acid, anhydrous	3.86	0.85
Sodium chloride	2.27	0.50
Sodium citrate	2.27	0.50
Potassium phosphate, monobasic	1.82	0.40
Lemon lime flavor	1.59	0.35
Blue color	0.27	0.06
Sodium benzoate	0.23	0.05
Yellow color	0.18	0.04
Anti-foaming agent	0.04	0.01
<b>Total</b>		

## NUTRITIONAL CONTENT

Per 100g	
<b>Calories</b>	390kcal
<b>Total Fat</b>	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
<b>Total Carbohydrates</b>	79g
Dietary Fiber	0g
Sugars	78g
<b>Protein</b>	18g
Calcium	0mg
Magnesium	0mg
Phosphorus	1mg
Potassium	0mg
Sodium	350mg
Iron	0mg
Vitamin A	0IU
Vitamin C	0mg

## PREPARATION

1. **Blend all dry ingredients well.**
2. **Combine the dry mixture and water at a ratio of 18% dry mix to 82% water. Stir until fully hydrated.**
3. **Using a 25% phosphoric acid solution, adjust pH to 3.0 to 3.5.**
4. **Cold-fill bottles and pasteurize at 88°C (190°F).**

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.