

Whey Protein Enriched Lychee Performance Drink

This refreshing, muscle-friendly whey protein beverage is great to enjoy post-workout.

INGREDIENTS

	Quantity (g)	Usage Level
U.S. Whey Protein Isolate (Instantized)	12.5	48.8
U.S. Whey Protein Isolate (Pre acidified)	12.5	48.8
Lychee Flavor	0.55	2.1
Sucralose	0.045	0.2
Total	25.6	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 easily digested and absorbed by the body.

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

Per 100g	
Calories	90kcal
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	5mg
Total Carbohydrates	1g
Dietary Fiber	0g
Sugars	1g
Protein	21g
Calcium	112mg
Magnesium	450mg
Phosphorus	1057mg
Potassium	115mg
Sodium	50mg
Iron	0mg
Vitamin A	0IU
Vitamin C	0mg

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.