



Ingredients and Allergy Information

Date of last review:	10/07/2023	Version No.:	I
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John Lewis Stock Number	46570511
Name	The Flt Protein Vanilla
Ingredients	Vegan Protein from Pea + Brown Rice (31g), Cocomineral (1g), Maca (1g), Magnesium (250mg), Rhodiola Root (250mg), Pink Himalayan Sea Salt (150mg).
For allergens, see ingredients in bold	
May contain statements	N/A
Net Quantity	520g
Country of Origin	United Kingdom
Storage Instructions	Store in a cool dry place out of reach of children
Manufacturer's name and address	LiquidSun Unit 25-26 Meadow Park Industrial Estate Essendine Stamford Lincolnshire, PE9 4LT
Instructions for use	Mix 40g (2 headed teaspoons or 4 flat Innermost scoop) with 250-350ml of water or any kind of milk and shake for the perfect post workout or recovery drink. Best served cold or with ice. The amount and type of liquid will affect sweetness and thickness, so experience to find what works best for you.
Nutrition Labelling: Typical value	Amount Per 40g
Energy (kJ/kcal)	608 kJ
Fat	1.1g
Of which saturated	0.1g
Carbohydrate	4.3g
Of which sugars	1.0g
Fibre	2.8g
Protein	31g
Salt	0.35g
Alcoholic Strength	N/A
Suitable for vegetarians	Y

Suitable for vegans	Y
Suitable for nut allergy sufferers	Y
Suitable for gluten allergy sufferers	Y
Suitable to wheat allergy sufferers	Y
Suitable for egg allergy sufferers	Y
Suitable for dairy allergy sufferers	Y
Suitable for soya allergy sufferers	Y
Free from alcohol	Y
Free from artificial flavours	Y
Free from artificial colours	Y