



Ingredients and Allergy Information

Date of last review:	10/07/2023	Version No.:	I
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John Lewis Stock Number	46570502
Name	The Strong Protein Chocolate 520g
Ingredients	Protein (34g), Casein, Creatine Monohydrate (3g), Montmorency Cherries (300mg), Bilberries (250mg), Magnesium (200mg).
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	Add 40g (4 flat Innermost scoops) with 250-350ml of water or any kind of milk and shake for the perfect post-workout recovery drink or healthy snack whenever you need it. Best served cold or with ice. The amount and type of liquid will affect sweetness and thickness, so experiment to find what works best for you. Can also be added to smoothies, porridge and used in recipes.
Nutrition Labelling: Typical value	Amount Per 40g
Energy (kJ/kcal)	622 kJ
Fat	1.5g
Of which saturated	0.7g
Carbohydrate	2.0g
Of which sugars	1.0g
Fibre	2.3g
Protein	32g
Salt	0.19g
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