

Nutrition facts NUTMI SPORT

Serving size (80g + 300ml water = 296 cal.)

NUTMI – nutrient complex meal

Gluten-free food with sweeteners for adults. Store in dark and cool place (do not refrigerate). Best before information on packaging.

Serving: 1 pack 80g per portion + 300ml water or milk, mix well.

Allergen information:

Does not contain: gluten

Contains: whey, casein

Nutrition facts per 80g	Our flavours					
	vanilla	chocolate	strawberry	banana	blueberry	coconut
Flavour						
Energy value (kJ)	1252	1249	1250	1255	1244	1250
Calories (kcal)	296	295	296	297	294	296
Total fat g	3,4	3,6	3,4	3,4	3,4	3,4
- saturated fat 1g	2,2	2,3	2,2	2,2	2,2	2,2
Total carbohydrate g	5,5	5,8	5,5	5,5	5,4	5,5
- Total sugars g	5,5	5,4	5,5	5,5	5,4	5,5
Dietary fibre g	5,4	6,6	5,4	5,4	5,4	5,4
Protein g	58,2	56,7	58,2	58,4	57,8	58,1
Salt g	0,5	0,5	0,5	0,5	0,5	0,5

Composition:

Vanilla:

CFM whey concentrate, micellar casein, chicory fibre, thickener-guar gum, sucralose, vanilla aroma, beta carotene, Vitamin + mineral mixture (see the sheet above), mixture of 7 digestive enzymes (Amylase, Cellulase, Lactase, Lipase, Protease, Papain, Bromelain).

Chocolate:

CFM whey concentrate, micellar casein, chicory fibre, cocoa powder, thickener-guar gum, sucralose, chocolate flavour, Vitamin + Mineral mix (see the sheet above), 7 digestive enzymes (Amylase, Cellulase, Lactase, Lipase, Protease, Papain, Bromelain).

Strawberry

CFM whey concentrate, micellar casein, chicory fibre, thickener-guar gum, sucralose, strawberry flavour, beetroot powder, Vitamin + Mineral mix (see the sheet above), 7 digestive enzymes (Amylase, Cellulase, Lactase, Lipase, Protease, Papain, Bromelain).

Banana:

CFM whey concentrate, micellar casein, chicory fibre, thickener-guar gum, sucralose, banana flavour, beta carotene, Vitamin + Mineral mix (see the sheet above), 7 digestive enzymes (Amylase, Cellulase, Lactase, Lipase, Protease, Papain, Bromelain).

Blueberry:

CFM whey concentrate, micellar casein, chicory fibre, thickener-guar gum, sucralose, blueberry flavour, purple carrot powder, Vitamin + Mineral mix (see the sheet above), 7 digestive enzymes (Amylase, Cellulase, Lactase, Lipase, Protease, Papain, Bromelain).

Coconut:

CFM whey concentrate, micellar casein, chicory fibre, thickener-guar gum, sucralose, coconut aroma, Vitamin + Mineral mix (see the sheet above), 7 digestive enzymes (Amylase, Cellulase, Lactase, Lipase, Protease, Papain, Bromelain).

Vitamins and other supplements

Vitamins	Per serving 80g	RHP %
A	12µg	15%
B1 (Thiamin)	0,165mg	15%
B2 (Riboflavin)	0,21mg	15%
B6 (Pyridoxine)	0,21mg	15%
B12	0,375µg	15%
B5 (Pantothenic Acid)	0,9mg	15%
B3 (Niacin)	2,4mg	15%
C	12mg	15%
D	0,75µg	15%
E	1,8mg	15%
K	11,25 µg	15%
BIOTIN	7,5µg	15%
FOLIC ACID (B9)	30µg	15%

Minerals	Per serving 80g	RHP %
Magnesium Mg	56,25mg	15%
Chromium Cr	6µg	15%
Iodine I	22,5µg	15%
Manganese Mn	0,3mg	15%
Selenium Se	8,25µg	15%
Zinc Zn	1,5mg	15%
Iron Fe	2,1mg	15%
Copper Cu	0,15mg	15%

Enzyme Information:

complex multi enzymatic mixture of 7 digestive enzymes of only plant origin, aimed at optimal and comprehensive absorption and utilization of proteins, fats and carbohydrates.

It contains a spectrum of enzymes synthesized from non-pathogenic fungi and plants, is 100% non-animal and more resistant to gastric acids. It actively works in a broader range of pH 3.5-8.0 and 35-40 ° C. These enzymes are also suitable for vegetarians.

Enzyme	Origin	Substrate
Amylase	<i>Aspergillus oryzae</i>	Carbohydrates (starches and other polysaccharides)
Cellulase	<i>Trichoderma longibrachiatum</i>	Cellulose (vegetable fibre)
Lactase	<i>Aspergillus oryzae</i>	Lactose (Milk Sugar)
Lipase	<i>Rhizopus oryzae</i>	Fats (triglycerides and other lipids)
Protease	<i>Aspergillus oryzae</i>	Proteins (long chains of amino acids)
Papain	Enzyme from papaya	Proteins
Bromelain	Enzyme from pineapple	Proteins

Composition in 1 gr of enzymatic mixture:

Amylase	16,800 U/g
Lactase	2,800 U/g
Protease	4,200 U/g

Lipase	700 U/g
Cellulase	140 U/g
Bromelain	60 GDU/g
Papain	40,000 U/g

Recommended dose: 50 mg enzyme mixture, 3 times a day