



Product Nutritional Information Sheet

Information last revised on March 2023

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Supplements For Sport Vending Ltd. have created this document to help our customers easily check nutritional information before purchase. This document is kept as up to date as possible, we recommend that if you have any food allergies or intolerances that you check for the most up to date information directly from the manufacturer.




Informed Sport Certified products have been indicated with the Informed Sport Logo as well as a direct link to their Informed Sport product page. Please note that NOT ALL Informed Sport Certified products will display the logo on their packaging. For more information on the Informed Sport batch testing and certification process please visit their website - <https://sport.wetestyoutrust.com/>









Pre-Workouts







<u>Product</u>	<u>Nutritional Values</u>	<u>Ingredients</u>
<p>ABE Energy + Performance Cans</p> 	<p style="text-align: right;">330ml</p> <p>Energy 0 Kcal/0kJ</p> <p>Fat 0 g</p> <p>of which Saturates 0 g</p> <p>Carbohydrates 0 g</p> <p>of which Sugars 0 g</p> <p>Protein 0 g</p> <p>Salt 0 g</p> <p>Citrulline Malate 2.0 g</p> <p>Beta-Alanine 2.0 g</p> <p>Betaine Anhydrous 1.0 g</p> <p>Caffeine 200 mg</p> <p>Taurine 200 mg</p> <p>Tyrosine 200 mg</p> <p>Niacin Acid B3 32 mg</p> <p>Vitamin B12 10 µg</p>	<p>American Grape Soda Carbonated Water, Beta-Alanine, Citrulline Malate, Betaine Anhydrous, Citric Acid, Flavourings, Sucralose (Sweetener), Acetyl L-Tyrosine, Caffeine, Taurine, Potassium Sorbate, Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).</p> <p>Blue Lagoon Carbonated Water, Beta-Alanine, Citrulline Malate, Betaine Anhydrous, Citric Acid, Natural Flavouring, Sucralose (Sweetener), Acetyl L-Tyrosine, Caffeine, Taurine, Potassium Sorbate, Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).</p> <p>Fruit Candy Carbonated Water, Beta-Alanine, Citrulline Malate, Betaine Anhydrous, Citric Acid, Natural Flavouring, Sucralose (Sweetener), Acetyl L-Tyrosine, Caffeine, Taurine, Potassium Sorbate, Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).</p> <p>Orange Burst Carbonated Water, Beta-Alanine, Citrulline Malate, Betaine Anhydrous, Citric Acid, Natural Flavouring, Sucralose (Sweetener), Acetyl L-Tyrosine, Caffeine, Taurine, Potassium Sorbate, Vitamin B3 (Nicotinamide), Vitamin B12 (Cyanocobalamin).</p> <p>ALLERGENS: None.</p>
<p>Nocco BCAA</p> 	<p style="text-align: right;">330 ml</p> <p>Energy 51kJ/12 kcal</p> <p>Fat 0g</p> <p>of which</p> <p>Saturates 0g</p> <p>Carbohydrate 0g</p> <p>of which</p> <p>Sugars 0g</p> <p>Fibre 0g</p> <p>Protein 3g</p> <p>Salt 0g</p> <p style="text-align: right;">NRV**</p> <p>Vitamin D 5Ug 100%</p> <p>Niacin 12.8mg 80%</p> <p>Vitamin B6 1.4mg 100%</p> <p>Folic Acid 100Ug 50%</p> <p>Vitamin B12 2.5Ug 100%</p> <p>Biotin 50 Ug 100%</p>	<p>Carbonated Water, Branched Chain Amino Acids BCAA (L-Leucine, L-Valine, L-Isoleucine), Caffeine, Green Tea Extract, Vitamins (Niacin, B6, Folic Acid, Biotin, D, B12), Acidity Regulator (Citric Acid), Flavouring (Tropical), Sweetener (Sucralose), Colouring (Vegetable Extract, Betacarotene).</p> <p>Contents per serving 330 ml BCAA 4:1:1 (leucine, valine, isoleucine): 3000 mg Caffeine: 180 mg</p>  <p>https://sport.wetestyourtrust.com/supplement-search/nocco/bcaa-0</p>

<p>Grenade Energy</p> 	<table border="0"> <tr><td></td><td>330ml</td></tr> <tr><td>Energy</td><td>46kJ/11Kcal</td></tr> <tr><td>Fat</td><td>0</td></tr> <tr><td>Of which saturates</td><td>0</td></tr> <tr><td>Carbohydrate</td><td>0</td></tr> <tr><td>Of which sugars</td><td>0</td></tr> <tr><td>Fibre</td><td>0</td></tr> <tr><td>Protein</td><td>0</td></tr> <tr><td>Salt</td><td>0.1g</td></tr> <tr><td colspan="2">VITAMINS</td></tr> <tr><td>Niacin</td><td>16mg (102%)</td></tr> <tr><td>Pantothenic Acid</td><td>6.1mg (102%)</td></tr> <tr><td>Vitamin B6</td><td>1.4mg (102%)</td></tr> <tr><td>Vitamin B12</td><td>2.5mcg (100%)</td></tr> <tr><td>Biotin</td><td>52 mcg (105%)</td></tr> <tr><td>Magnesium</td><td>56 mg (15%)</td></tr> <tr><td colspan="2">FUNCTIONAL ENERGY BLEND</td></tr> <tr><td>Natural Caffeine</td><td>155mg</td></tr> <tr><td>Electrolytes</td><td>470mg (Magnesium Citrate, Potassium Chloride, Sodium Chloride)</td></tr> <tr><td>BCAA 2:1:1</td><td>1500mg (Leucine, Isoleucine, Valine)</td></tr> <tr><td>Taurine</td><td>250mg</td></tr> <tr><td>N-Acetyl Tyrosine</td><td>500mg</td></tr> </table>		330ml	Energy	46kJ/11Kcal	Fat	0	Of which saturates	0	Carbohydrate	0	Of which sugars	0	Fibre	0	Protein	0	Salt	0.1g	VITAMINS		Niacin	16mg (102%)	Pantothenic Acid	6.1mg (102%)	Vitamin B6	1.4mg (102%)	Vitamin B12	2.5mcg (100%)	Biotin	52 mcg (105%)	Magnesium	56 mg (15%)	FUNCTIONAL ENERGY BLEND		Natural Caffeine	155mg	Electrolytes	470mg (Magnesium Citrate, Potassium Chloride, Sodium Chloride)	BCAA 2:1:1	1500mg (Leucine, Isoleucine, Valine)	Taurine	250mg	N-Acetyl Tyrosine	500mg	<p>Cherry Bomb: Carbonated Water, Acidity Regulator: Citric Acid; Branched Chain Amino Acids 2:1:1 (Leucine, Isoleucine, Valine, Emulsifier: Sunflower Lecithin), Flavouring, N-Acetyl L-Tyrosine, Electrolyte Blend: Magnesium Citrate, Potassium Chloride, Sodium Chloride; Taurine, Caffeine from Coffee Bean, Sweeteners: Sucralose, Acesulfame K; Vitamin Blend: Niacin (Nicotinamide), Pantothenic Acid, Vitamin B12, Vitamin B6, Biotin; Choline Bitartrate, Green Tea Extract, Guarana Extract.</p> <p>Berried Alive: Carbonated Water, Branched Chain Amino Acids 2:1:1 (Leucine, Isoleucine, Valine, Emulsifier: Sunflower Lecithin), Acidity Regulator: Citric Acid; Flavouring, N-Acetyl L-Tyrosine, Electrolyte Blend: Magnesium Citrate, Potassium Chloride, Sodium Chloride; Taurine, Caffeine from Coffee Bean, Sweeteners: Sucralose, Acesulfame K; Flavouring, Vitamin Blend: Niacin (Nicotinamide), Pantothenic Acid, Vitamin B12, Vitamin B6, Biotin; Guarana Extract, Green Tea Extract, Choline Bitartrate.</p> <p>WARNINGS: High Caffeine Content. Not recommended for children, or pregnant or breast-feeding women, or individuals sensitive to caffeine (47mg/100ml). Consume responsibly. Recommended maximum consumption of 2 cans per day (2 servings). Grenade Energy® should be consumed as part of a balanced diet. Once opened store chilled and consume within 12 hours.</p>
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<p>TNT Nuclear Shot</p> <p>16+</p> 	<p>Serving Size: 30ml (1/2 bottle)</p> <table border="0"> <tr><td></td><td>Per 60ml (2 servings)</td></tr> <tr><td>Energy</td><td>170kJ/41kcal</td></tr> <tr><td>Fat</td><td>0g</td></tr> <tr><td>of which</td><td></td></tr> <tr><td>Saturates</td><td>0g</td></tr> <tr><td>Carbohydrates</td><td>0g</td></tr> <tr><td>of which sugars</td><td>0g</td></tr> <tr><td>Fibre</td><td>0g</td></tr> <tr><td>Protein</td><td>10g</td></tr> <tr><td>Salt</td><td>TRACE</td></tr> <tr><td>Beta Alanine</td><td>3000mg</td></tr> <tr><td>Arginine AKG</td><td>3000mg</td></tr> <tr><td>Citrulline Malate</td><td>1000mg</td></tr> </table>		Per 60ml (2 servings)	Energy	170kJ/41kcal	Fat	0g	of which		Saturates	0g	Carbohydrates	0g	of which sugars	0g	Fibre	0g	Protein	10g	Salt	TRACE	Beta Alanine	3000mg	Arginine AKG	3000mg	Citrulline Malate	1000mg	<p>Orange: Water, Arginine AKG, Beta Alanine, Taurine, Citrulline Malate, N-Acetyl-L-Tyrosine, Acetyl-L-Carnitine, Caffeine, Acidulants (Citric Acid, Malic Acid, Phosphoric Acid), Flavouring, Colouring [(Sunset yellow-Orange Flavour, Kiwi & Lime Flavour Only), (Brilliant Blue- Kiwi & Lime Flavour, Blue Raspberry Flavour)], Preservative (Potassium Sorbate, Sodium Benzoate), Sweetener (Sucralose), Vitamins - Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalmin).</p> <p>Kiwi: Water, Arginine AKG, Beta Alanine, Taurine, Citrulline Malate, N-Acetyl-L-Tyrosine, Acetyl-L-Carnitine, Caffeine, Acidulants (Citric Acid, Malic Acid, Phosphoric Acid), Flavouring, Colouring [(Sunset yellow-Orange Flavour, Kiwi & Lime Flavour Only), (Brilliant Blue- Kiwi & Lime Flavour, Blue Raspberry Flavour)], Preservative (Potassium Sorbate, Sodium Benzoate), Sweetener (Sucralose), Vitamins - Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalmin).</p>																		
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	<p>Taurine 1500mg Caffeine 350mg N-Acetyl L-Tyrosine 750mg Acetyl-L-Carnitine 750mg Vitamin B12 2.5mcg Vitamin B6 2.5mcg</p>	
<p>ABE - All Black Everything Pre-Workout Shot 16+</p> 	<p>Energy 60ml 0kJ/(0kcal) Carbohydrate 0g Of which Sugars 0g Salt 0g</p> <p>Vitamins</p> <p>Citrulline Malate 2:1 1000mg Beta-Alanine 3000mg Caffeine 200mg Taurine 200mg Niacin (Vit B3) 50mg Vitamin B12 19µg</p>	<p>INGREDIENTS: Water, Beta-Alanine, Citrulline Malate, Taurine, Natural Caffeine, Sucralose, Niacin Acid, Citric Acid, Preservatives (Potassium Sorbate, Sodium Benzoate), Natural Flavour, Vitamin B12.</p> <p>Do not exceed the stated recommended daily dose. This product should not be used as a substitute for a varied, balanced diet. Keep out of the reach of young children. Check with a qualified healthcare professional if you are under the age of 18, have known or suspected medical conditions and/or are taking OTC/prescription medication(s). This product is suitable for vegans. High caffeine content (200mg/60ml). Not recommended for children or pregnant or breast-feeding women. Store this product in a cool, dry place. For best before dates and batch number see label.</p>

Snacks Grenade

Product	Nutritional Values	Ingredients
<p>Grenade Carb Killa Choc Chip Cookie Dough</p>   <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G Energy (kj) 912 Energy (kcal) 218 Fat 8.9g Of which saturates 3.6g Carbohydrate 16.9g Of which Sugars 1.9g Of which Polyols 14.4g Fibre 6.6g Protein 20.3g Salt 0.34g</p>	<p>Milk Chocolate with Sweetener (20%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soy Lecithin; Flavourings), Protein Blend (Calcium Caseinate (Milk), Milk Protein Isolate, Whey Protein Isolate (Milk)), Bulking Agent: Polydextrose; Hydrolysed Beef Gelatine, Humectant: Glycerol; Chocolate Chips with Sweetener (6,7%) (Cocoa Mass, Sweetener: Maltitol; Emulsifier: Soy Lecithin; Low Fat Cocoa, Vanilla), Soy Oil, Cocoa Nibs, Peanuts (1,7%), Skimmed Milk Powder, Sweetener: Xylitol, Sucralose; Flavourings, Salt, Emulsifier: Soy Lecithin. For allergens see ingredients in bold. Also may contain Wheat, Gluten, Egg, Nuts and Sesame Seeds.</p>
<p>Grenade Carb Killa Cookies & Cream</p>   <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G Energy (kj) 908 Energy (kcal) 217 Fat 8.2g Of which saturates 4.4g Carbohydrate 13.6g Of which sugars 1.5g Of which polyols 10.9g Fibre 6.6g Protein 23.3g Salt 0.43g</p>	<p>Protein Blend (Calcium Caseinate (Milk), Milk Protein Isolate, Whey Protein Isolate (Milk)), Milk Chocolate with Sweetener (18%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soy Lecithin; Flavourings), Bulking Agent: Polydextrose; Hydrolysed Beef Gelatine, Humectant: Glycerol; Soy Protein, Cocoa Butter, Soy Oil, Palm Fat, Sweeteners: Xylitol, Sucralose; Skimmed Milk Powder, Low Fat Cocoa, Cream Powder (Milk), Tapioca Starch, Salt, Emulsifier: Soy Lecithin; Flavourings (Milk). For allergens see ingredients in bold. Also may contain Wheat, Gluten, Egg, Nuts, Peanuts and Sesame Seeds.</p>
<p>Grenade Carb Killa Choc Chip Salted Caramel</p>   <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G Energy (kj) 943 Energy (kcal) 226 Fat 9.5g Of which saturates 5.5g Carbohydrate 20g Of which Sugars 1.4g Of which Polyols 18g Fibre 2.5g Protein 20g Salt 0.29g</p>	<p>Milk Chocolate with Sweetener (25%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Lecithins (Soy); Natural Flavouring), Protein Blend (Calcium Caseinate (Milk), Whey Protein Isolate (Milk)), Humectant: Glycerol; Bovine Collagen Hydrolysate, Chocolate Chips with Sweetener (8%) (Sweetener: Maltitol; Cocoa Mass, Emulsifier: Lecithins (Soy); Fat-reduced Cocoa Powder, Natural Flavouring), Water, Dietary Fibre: Polydextrose; Palm Fat, White Chocolate with Sweetener (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Emulsifier: Lecithins (Soy); Natural Flavouring), Fat-reduced Cocoa Powder, Flavourings, Sea Salt, Natural Flavouring, Sweetener: Sucralose.</p>
<p>Grenade Carb Killa Oreo</p>   <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G Energy (kj) 974 Energy (kcal) 233 Fat 10g Of which saturates 5.6g Carbohydrate 20g Of which Sugars 1.0g Of which Polyols 17g Fibre 1.2g Protein 21g Salt 0.35g</p>	<p>Protein Blend (Calcium Caseinate (Milk), Whey Protein Isolate (Milk)), Milk Chocolate with Sweetener (20%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soy Lecithin; Natural Flavouring), Bovine Collagen Hydrolysate, Humectant: Glycerol; Sweeteners: Maltitol, Sucralose; Palm Oil, Water, Fat- reduced Cocoa Powder (3%), Wheat Flour, Maize Starch, Rapeseed Oil, Bulking Agent: Polydextrose; Sea Salt, Wheat Starch, Emulsifier: Soy Lecithin; Raising Agents: Ammonium Carbonates, Sodium Carbonates; Acidity Regulator: Sodium Hydroxide; Flavourings. Because of real OREO pieces, the bar contains wheat unlike the rest of the Grenade Protein Bar range. Contain Milk, Soya and Wheat indefinitely, they may contain traces of nuts and mustard.</p>









<p>Grenade Carb Killa Peanut Nutter</p>   <p>SPORT</p> <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G</p> <p>Energy (kj) 968</p> <p>Energy (kcal) 232</p> <p>Fat 10g</p> <p>Of which saturates 5.6g</p> <p>Carbohydrate 18g</p> <p>Of which Sugars 1.7g</p> <p>Of which Polyols 15g</p> <p>Fibre 5.3g</p> <p>Protein 20g</p> <p>Salt 0.51g</p>	<p>Protein Blend (Calcium Caseinate (Milk), Whey Protein Isolate (Milk), Milk Protein Isolate), Milk Chocolate with Sweetener (18%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soy Lecithin; Natural Flavouring), Humectant: Glycerol; Bovine Collagen Hydrolysate, Bulking Agent: Polydextrose; Dark Chocolate Drops with Sweetener (8%) (Cocoa Mass, Sweetener: Maltitol; Emulsifier: Soy Lecithin; Fat-reduced Cocoa Powder, Vanilla), Cocoa Butter, Cocoa Mass, Soy Oil, Fat-reduced Cocoa Powder, Sweetener: Xylitol; Flavourings, Salt, Emulsifier: Soy Lecithin.</p> <p>For allergens see ingredients in bold. Also may contain Wheat, Gluten, Egg, Nuts and Sesame Seeds.</p>
<p>Grenade Carb Killa White Choc Cookie</p>   <p>SPORT</p> <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G</p> <p>Energy (kj) 899</p> <p>Energy (kcal) 215</p> <p>Fat 8.1g</p> <p>Of which saturates 4.1g</p> <p>Carbohydrate 15.2g</p> <p>Of which sugars 2.0g</p> <p>Of which polyols 12.7g</p> <p>Fibre 6.0g</p> <p>Protein 22.4g</p> <p>Salt 0.37g</p>	<p>White Chocolate with Sweetener (23%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Emulsifier: Soy Lecithin; Vanilla), Protein Blend (Calcium Caseinate (Milk), Milk Protein Isolate, Whey Protein Isolate (Milk)), Bulking Agent: Polydextrose; Hydrolysed Beef Gelatine, Humectant: Glycerol; Soy Protein, Soy Oil, Palm Fat, Sweeteners: Xylitol, Sucralose; Skimmed Milk Powder, Low Fat Cocoa, Cream Powder (Milk), Tapioca Starch, Salt, Emulsifier: Citric Acid Ester; Vanilla, Flavouring (Milk), Sunflower Oil, Colours: Beta Carotene, Titanium Dioxide.</p> <p>For allergens see ingredients in bold. Also may contain Wheat, Gluten, Egg, Nuts, Peanuts and Sesame Seeds.</p>
<p>Grenade Carb Killa Salted Peanut</p>   <p>SPORT</p> <p>https://sport.wetestyourrust.com/supplement-search/grenade/carb-kill-a-bar</p>	<p>NUTRITION 60G</p> <p>Energy (kJ) 1008</p> <p>Energy (kcal) 242</p> <p>Fat 12g</p> <p>Of which Saturates 5.8g</p> <p>Carbohydrate 19g</p> <p>Of which Sugars 2.0g</p> <p>Of which polyols 17g</p> <p>Fibre 2.5g</p> <p>Protein 20g</p> <p>Salt 0.41g</p>	<p>White Chocolate with Sweetener (32%) (Sweetener: Maltitol; Cocoa Butter, Whole Milk Powder, Emulsifier: Soy Lecithin; Natural Flavouring), Protein Blend (Calcium Caseinate (Milk), Whey Protein Isolate (Milk)), Humectant: Glycerol; Hydrolysed Beef Gelatine, Isomalto-Oligosaccharide, Roasted Peanuts (7%), Water, Palm Fat, Peanut Paste (2.6%) (Peanut Kernels, Peanut Oil), Flavouring, Salt, Sweetener: Sucralose.</p> <p>For allergens, see ingredients in bold. Also may contain Wheat, Gluten, Egg, Nuts, Peanuts and Sesame Seeds.</p>

Snacks Other



<u>Product</u>	<u>Nutritional Values</u>	<u>Ingredients</u>
<p>Muscle Moose Flapjacks Mixed Berry</p> 	<p style="text-align: right;">per 100g</p> <p>Energy (kJ) 1853kj/443</p> <p>Fat 22g</p> <p>of which saturates 6.0g</p> <p>carbohydrate 45g</p> <p>of which sugars 19g</p> <p>Protein 15g</p> <p>Salt 0.55g</p> <p>Dietary Fibre 3.8g</p>	<p>Mixed Berry: Wholegrain OATS, Golden Syrup, All Vegetable Margarine (RSPO, Rapeseed Oil, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Flavouring), Rapeseed Oil, Protein Crisps (Isolated SOYA Protein, Tapioca Starch, Salt) (7%), Glycerine, Whey Protein (MILK) (4%), Sultanas (3%), Sugar, Tapioca Starch, Cranberries (0.4%), Potassium Sorbate E202, Flavouring. For allergens, including cereals containing gluten, see ingredients in CAPITALS.</p>
<p>Muscle Moose Flapjack Golden Syrup</p> 	<p>Energy 1896kj/453kcal</p> <p>Fat 23g</p> <p>of which saturates 6.5g</p> <p>Carbohydrate 44g</p> <p>of which sugars 16g</p> <p>Protein 15g</p> <p>Salt 0.57g</p> <p>Dietary Fibre 4.0g</p>	<p>Golden Syrup: Wholegrain OATS, Golden Syrup, All Vegetable Margarine (RSPO, Rapeseed Oil, Salt, Emulsifier: Polyglycerol Esters of Fatty Acids, Flavouring), Rapeseed Oil, Protein Crisps (Isolated SOYA Protein, Tapioca Starch, Salt) (7%), Glycerine, Whey Protein (MILK) (3%), Sugar, Tapioca Starch, Potassium Sorbate E202, Flavouring. For allergens, including cereals containing gluten, see ingredients in CAPITALS.</p>
<p>MyProtein Protein Brownie</p> 	<p>Choc Chip 75g</p> <p>Energy (kj) 1200</p> <p>Energy (kcal) 287</p> <p>Fat 9.7g</p> <p>Of which saturates 4.2g</p> <p>Carbohydrate 27g</p> <p>Of which Sugars 4g</p> <p>Fibre 2g</p> <p>Protein 23g</p> <p>Salt 0.3g</p> <p>White Choc Chip 75g</p> <p>Energy (kj) 1286</p> <p>Energy (kcal) 308</p> <p>Fat 10g</p> <p>Of which saturates 4.2g</p> <p>Carbohydrate 31g</p> <p>Of which Sugars 5.4g</p> <p>Fibre 1.2g</p> <p>Protein 23g</p> <p>Salt 0.56g</p>	<p>Chocolate Chip: Milk Protein, Humectant (Vegetable Glycerol), Glutamine Peptide (Wheat), Oat Flour, Vegetable Oil (Palm), Chocolate Chips (9%) (Cocoa Mass, Sugar, Emulsifier (Soya Lecithin), Flavouring), Maltodextrin, Soya Protein, Cocoa Powder, Raising Agents (Sodium Bicarbonate, Potassium Bitartrate), Flavouring, Sweetener (Sucralose). CHOCOLATE CHIPS: Cocoa Solids 49% Minimum.</p> <p>White Chocolate Chip: Milk Protein, Humectant (Vegetable Glycerol), Oat Flour, Glutamine Peptide (Wheat), Maltodextrin, Vegetable Oils (Palm, Rapeseed), White Chocolate Chips (9%) (Sugar, Cocoa Butter, Whole Milk Powder, Emulsifier (Soya Lecithin), Flavouring), Soya Protein, Whole Milk Powder, Raising Agents (Sodium Bicarbonate, Potassium Bitartrate), Flavouring, Sweetener (Sucralose). WHITE CHOCOLATE CHIPS: Milk Solids 15% Minimum.</p> <p>ALLERGENS: For allergens, including cereals containing gluten, see ingredients in bold. May also contain nuts and peanuts.</p>






Drinks & Shakes

Grenade

<u>Product</u>	<u>Nutritional Values</u>	<u>Ingredients</u>
<p>Grenade Carb Killa Protein Shake (330ml) Strawberries & Cream</p> 	<p>Per 330ml:</p> <p>Energy 815kJ Energy 195kJ Fat 7.3g of which Saturates 4.6g Carbohydrate 7.3g of which Sugars 6.6g Polyols 0g Fibre 0.13g Protein 25g Salt 0.36g</p>	<p>Water, Skimmed Milk, Protein Blend (Calcium Caseinate (Milk), Whey Protein Concentrate (Milk)), Cream (Milk), Stabilizers: Gellan Gum, Carrageenan; Sweetener: Sucralose; Flavourings, Salt, Natural Colour: Lycopene; Enzyme: Lactase.</p>  <p>https://sport.wetestyourtrust.com/supplement-search/grenade/carb-kill-shake-liquid</p>
<p>Grenade Carb Killa Protein Shake (330ml) Cookies & Cream</p> 	<p>NUTRITION 330ML Energy (KJ) 805 Energy (kcal) 191 Fat 6.6g Of which Saturates 4.3g Carbohydrate 9.0g Of which Sugars 5.6g Protein 24.0g Fibre 0.07g Salt 0.53g</p>	<p>INGREDIENTS: Water, Skimmed Milk (27%), Protein Blend (Calcium Caseinate (Milk), Whey Protein (Milk)), Cream (Milk) (5%), Maltodextrin, Butter Biscuit (0.5%) (Wheat Flour, Sugar, Butter (Milk), Whey Powder (Milk), Baking Agent: Potassium Carbonate; Salt, Acidifier: Citric Acid), Caramel Sugar Syrup, Stabilisers: Gellan Gum, Carrageenan; Sweeteners: Acesulfame Potassium, Sucralose; Salt, Natural Flavourings. For allergens see ingredients in bold. May contain traces of Egg, Soy, Nuts and Sesame Seeds.</p>  <p>https://sport.wetestyourtrust.com/supplement-search/grenade/carb-kill-shake-liquid</p>
<p>Grenade Carb Killa Protein Shake (330ml) Fudge Brownie</p> 	<p>NUTRITION 330ML Energy (KJ) 835 Energy (kcal) 198 Fat 7.3g Of which Saturates 5.0g Carbohydrate 8.9g Of which Sugars 8.3g Protein 24.0g Fibre 0.1g Salt 0.92g</p>	<p>Water, Skimmed Milk (27%), Protein Blend (Calcium Caseinate (Milk), Whey Protein (Milk)), Cream (Milk) (5%), Chocolate Powder (2.1%) (Alkalised Cocoa Powder, Sugar), Stabilisers: Gellan Gum, Carrageenan; Sweeteners: Acesulfame Potassium, Sucralose; Salt, Natural Flavourings.</p>  <p>https://sport.wetestyourtrust.com/supplement-search/grenade/carb-kill-shake-liquid</p>
<p>Grenade Carb Killa Protein Shake (330ml) White Chocolate</p> 	<p>NUTRITION 330ML Energy (kJ) 897 Energy (kcal) 214kcal Fat 8.9g Of which Saturates 5.9g Carbohydrate 8.6g Of which Sugars 5g Fibre 0.03g Protein 25g Salt 0.56g</p>	<p>Water, Skimmed Milk, Protein Blend (Calcium Caseinate (Milk), Whey Protein Concentrate (Milk)), Cream (Milk), Modified Starch, Stabilizers: Gellan Gum, Carrageenan; Sweeteners: Acesulfame Potassium, Sucralose; Flavouring, Salt, Enzyme: Lactase.</p>  <p>https://sport.wetestyourtrust.com/supplement-search/grenade/carb-kill-shake-liquid</p>

Drinks & Shakes

<u>Product</u>	<u>Nutritional Values</u>	<u>Ingredients</u>																
<p>Applied Nutrition (500ml) Double Choc</p> 	<p>Strawberries & Cream Flavour</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 150px;">NUTRITION</td> <td>500ml</td> </tr> <tr> <td>Energy kcal</td> <td>240</td> </tr> <tr> <td>Fat</td> <td>0.5g</td> </tr> <tr> <td>Saturates</td> <td>0.5g</td> </tr> <tr> <td>Carbohydrate</td> <td>17g</td> </tr> <tr> <td>of which Sugars</td> <td>17g</td> </tr> <tr> <td>Protein</td> <td>42g</td> </tr> <tr> <td>Salt</td> <td>0.5g</td> </tr> </table> <p>Nutritional values may differ between flavours.</p>	NUTRITION	500ml	Energy kcal	240	Fat	0.5g	Saturates	0.5g	Carbohydrate	17g	of which Sugars	17g	Protein	42g	Salt	0.5g	<p>Vanilla Ice Cream Milk Protein Concentrate (65%), Water, Skimmed Milk (7.5%), Flavouring, Stabiliser (Carrageenan), Acidity Regulator (Trisodium Citrate), Sweetener (Sucralose), Colour (Beta Carotene).</p> <p>Strawberries & Cream Milk Protein Concentrate (65%), Water, Skimmed Milk (7.5%), Stabiliser (Carrageenan), Acidity Regulator (Trisodium Citrate), Flavouring, Colour (Lycopene), Sweetener (Sucralose).</p> <p>Double Chocolate Milk Protein Concentrate (62%), Water, Skimmed Milk (10%), Fat Reduced Cocoa Powder (0.87%), Stabiliser (Carrageenan), Acidity Regulator (Trisodium Citrate), Flavouring, Sweetener (Sucralose).</p> <p>Banana Delight Milk Protein Concentrate (65%), Water, Skimmed Milk (7.5%), Flavouring, Stabiliser (Carrageenan), Acidity Regulator (Trisodium Citrate), Sweetener (Sucralose), Colour (Beta Carotene).</p> <p>Chocolate Mint Milk Protein Concentrate (63%), Water, Skimmed Milk (7.5%), Fat Reduced Cocoa Powder (0.87%), Flavourings, Stabiliser (Carrageenan), Acidity Regulator (Trisodium Citrate), Sweetener (Sucralose).</p> <p>ALLERGENS please see ingredients in Bold.</p>
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<p>Applied Nutrition (330ml)</p> 	<p>Strawberries & Cream</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 150px;">NUTRITION</td> <td>330ml</td> </tr> <tr> <td>Energy KJ/kcal</td> <td>528/126</td> </tr> <tr> <td>Fat</td> <td>0.3g</td> </tr> <tr> <td>Saturates</td> <td>0.2g</td> </tr> <tr> <td>Carbohydrate</td> <td>10.6g</td> </tr> <tr> <td>of which Sugars</td> <td>10.6g</td> </tr> <tr> <td>Protein</td> <td>20.2g</td> </tr> <tr> <td>Salt</td> <td>0.36g</td> </tr> </table> <p>Nutritional values may differ between flavours.</p>	NUTRITION	330ml	Energy KJ/kcal	528/126	Fat	0.3g	Saturates	0.2g	Carbohydrate	10.6g	of which Sugars	10.6g	Protein	20.2g	Salt	0.36g	<p>Fudge Brownie Milk Protein Concentrate (40%), Water, Skimmed Milk (25%), Fat Reduced Cocoa Powder (1%), Flavourings, Stabiliser (Carrageenan), Acidity Regulator (Trisodium Citrate), Sweetener (Sucralose).</p> <p>Strawberries & Cream Milk Protein Concentrate (42%), Water, Skimmed Milk (25%), Flavouring, Acidity Regulator (Trisodium Citrate), Colouring (Lycopene), Stabiliser (Carrageenan), Sweetener (Sucralose).</p> <p>Vanilla Ice Cream Milk Protein Concentrate (42%), Water, Skimmed Milk (25%), Flavouring, Acidity Regulator (Trisodium Citrate), Stabiliser (Carrageenan), Sweetener (Sucralose), Colouring (Beta Carotene).</p> <p>White Chocolate Milk Protein Concentrate (42%), Water, Skimmed Milk (25%), Flavouring, Acidity Regulator (Trisodium Citrate), Stabiliser (Carrageenan), Sweetener (Sucralose).</p> <p>ALLERGENS: Please see ingredients in Bold. *Contains naturally occurring sugars. Suitable for Vegetarians.</p>
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<p>BODYFUEL™ ELECTROLYTE & VITAMIN WATER 500ML</p> 	<table border="0"> <tr> <td>NUTRITION</td> <td>500ml</td> </tr> <tr> <td>Energy KJ/kca l</td> <td>20/5</td> </tr> <tr> <td>Fat</td> <td>0g</td> </tr> <tr> <td>Saturates</td> <td>0g</td> </tr> <tr> <td>Carbohydrate</td> <td>0g</td> </tr> <tr> <td>of which Sugars</td> <td>0g</td> </tr> <tr> <td>Protein</td> <td>0g</td> </tr> <tr> <td>Salt</td> <td>250mg</td> </tr> <tr> <td>Calcium</td> <td>160mg</td> </tr> <tr> <td>Magnesium</td> <td>48.5mg</td> </tr> <tr> <td>Sodium</td> <td>136mg</td> </tr> <tr> <td>Potassium</td> <td>89mg</td> </tr> <tr> <td>Chloride</td> <td>149mg</td> </tr> <tr> <td>Sulphate</td> <td>79mg</td> </tr> <tr> <td>Vitamin E</td> <td>3mg</td> </tr> <tr> <td>Vitamin C</td> <td>26.4mg</td> </tr> <tr> <td>Niacin</td> <td>12mg</td> </tr> <tr> <td>Vitamin B6</td> <td>1.05mg</td> </tr> <tr> <td>Vitamin B12</td> <td>1.2µg</td> </tr> <tr> <td>Pantothenic Acid</td> <td>3mg</td> </tr> <tr> <td>Vitamin D3</td> <td>2.5µg</td> </tr> <tr> <td>Zinc Gluconate</td> <td>5mg</td> </tr> <tr> <td>BCAAs</td> <td>250mg</td> </tr> </table>	NUTRITION	500ml	Energy KJ/kca l	20/5	Fat	0g	Saturates	0g	Carbohydrate	0g	of which Sugars	0g	Protein	0g	Salt	250mg	Calcium	160mg	Magnesium	48.5mg	Sodium	136mg	Potassium	89mg	Chloride	149mg	Sulphate	79mg	Vitamin E	3mg	Vitamin C	26.4mg	Niacin	12mg	Vitamin B6	1.05mg	Vitamin B12	1.2µg	Pantothenic Acid	3mg	Vitamin D3	2.5µg	Zinc Gluconate	5mg	BCAAs	250mg	<p>Spring Water, Acid (Citric Acid), Flavouring, Preservatives (Potassium Sorbate, Dimethyl Dicarbonate, Sodium Benzoate), Calcium Carbonate, Sodium Chloride, Tri-Potassium Citrate, BCAAs (2:1:1), Sweetener (Sucralose), Magnesium Carbonate, Antioxidants (Vitamin C, Vitamin E Acetate), B-Vitamins (Vitamin B3, Vitamin B5, Vitamin B12, Vitamin B6), Zinc Gluconate, Vitamin D3 (Cholecalciferol).</p> <p>BCAA BLEND: 250mg (L-Leucine, L-Isoleucine, L-Valine).</p> <p>ALLERGENS: Please see ingredients in Bold.</p>
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