

# BOBK PULSE

PERFORMANCE NUTRITION



Used by the Springboks!



# HIGH PROTEIN SHAKE

Ready to drink (RTD) high protein shake to be consumed as a between meal snack

## Basic Design Features

1. The RTD High Protein Shake is specially formulated to produce an easy drinking high protein beverage.

## EU Health Claims:

1. Protein contributes to a growth in muscle mass
2. Protein contributes to the maintenance of muscle mass
3. Protein contributes to the maintenance of normal bones
4. Reducing consumption of saturated fat contributes to the maintenance of normal cholesterol levels

## Fast Facts:

### BokPro Milk Protein Blend

1. Good source of native micellar casein and whey proteins in the same ratio as found naturally in milk.
2. Excellent nutritional profile and is regarded as a complete protein
3. Rich in essential amino acids and branched-chain amino acids (BCAAs)
4. Amino acids have important roles to play in human metabolism; they provide substrates for protein synthesis, suppress protein catabolism and serve as substrates for gluconeogenesis.

## Product Characteristics

1. Contains 26 grams of protein per 300ml serving
2. High protein
3. Fat free
4. High in calcium
5. Sucrose free

## Packaging Details and Shelf-Life

Flavours: Chocolate and Strawberry  
330 ml Sterilised HDPE Bottle  
Shelf-life = 9 months

## Ingredient Listing

Fat Free Milk, Milk Protein Concentrate Blend, Polydextrose, Cocoa, Stabilisers (Vegetable based), Buffer Salts (E331, E451), Sunflower Oil, Vegetable-based Emulsifier, Sucralose, flavour, colour

## Nutritional Information (Plain variant)

TYPICAL NUTRITIONAL INFORMATION	Per 100 ml	Per serving (300 ml)	% NRV*
Energy (KJ)	263.91	791.73	
Protein (g)	8.67	26.00	16.05
Total fat (g)	0.40	1.20	
of which saturated fat (g)	0.15	0.45	
trans fat (g)	0.00	0.00	
mono/poly saturated fat (g)	0.10	0.30	
Cholesterol (g)	2.00	6.00	
Glycaemic carbohydrate (g)	4.03	12.09	
of which total sugar (g)	3.43	10.29	
Dietary Fibre (g)	0.20	0.60	
Calcium (mg)	222	666.00	56.00
Potassium (mg)	6.00	18.00	
Phosphorus (mg)	17.17	51.51	
Total Sodium (mg)	70	210	

\* NRV – Nutrient reference values for individuals older than 4 years

