

# Mangosteen Performance Drink



Featuring the tropical fruity flavor of mangosteen, enjoy this delicious sports beverage that is rich in quality protein content.

#### **Nutrition Content Per 100g (based on dry-mix):**

Calories 360kcal; Total Fat 0.5g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 10mg; Total Carbohydrates 5g; Dietary Fiber 0g; Sugars 3g; Protein 83g; Calcium 436mg; Magnesium 97.5mg; Phosphorus 1055mg; Potassium 449mg; Sodium 200mg; Iron 1mg; Vitamin A 0IU; Vitamin C 0mg

#### **Benefit of Using U.S. Dairy:**

• Whey Protein Isolate boosts protein content and is easily digested and absorbed by the body.

#### **Ingredients:**

U.S. Whey Protein Isolate (Instantized)	12.5g
U.S. Whey Protein Isolate (Pre acidified)	12.5g
Mangosteen Flavor	2.3g
Sucralose	0.18g
<b>Total</b>	<b>25.65g</b>

#### **Preparation:**

1. Blend all the dry ingredients together till well-incorporated.
2. Pour all the blended ingredients into a sports shaker bottle.
3. Add in 250 - 350 ml of water.
4. Shake well and serve.

Developed by U.S. Dairy Export Council Southeast Asia.

For additional information and recipes using U.S. dairy ingredients, visit: [www.ThinkUSADairy.org/SEAsia](http://www.ThinkUSADairy.org/SEAsia)



U.S. Dairy  
Export Council.

Ingredients | Products | Global Markets