



# TR90 V-Shake Start Up kit

## THE PRO-PLANET PROTEIN

### The Pro-Planet Protein

Discover TR90 V-Shakes: the vegan-friendly protein shake the whole planet can enjoy. These delicious shakes are high in protein and contain no artificial colours or preservatives, making them an ideal way to help beginners, pros and gym bros achieve their fitness goals.

Enjoy them on their own or as part of the TR90 Wellbeing Programme!

### This kit contains the following:

Vanilla TR90 V-Shake - Chocolate TR90 V-Shake - Pharmanex Shaker Bottle

### WHAT'S INSIDE?

Whether you prefer vanilla or chocolate, the things that really matter stay the same. Each serving of the V-Shakes contains 19 grams of protein, sourced from pea and brown rice, and is lactose-free, gluten-free, and soy-free - fantastic for a high-protein snack, a pre-workout or post-workout supplement, or as part of a healthy breakfast.

### IS IT SUITABLE FOR ME?

We all need protein, and supplementing a balanced diet with protein shakes can help make sure we get it. The TR90 V-Shakes are suitable for everyone - athletes, those looking to build some muscle mass, and even those over 65 who just want to keep up with the kids!

### USAGE INSTRUCTIONS

Mix 25 g of TR90 V-Shake powder with 500 ml of cold water and consume before or after exercise. Remember to fill the shaker with liquid first, then add the protein powder and shake well for 20-30 seconds. If you do not have a scoop, 25 g is equal to approximately two tablespoons.

### INGREDIENTS

#### TR90 V-Shake - CHOCOLATE:

Pea Protein Powder (61%)\*, Brown Rice Protein Powder (31%)\*, Fat Reduced Cocoa Powder, Natural Flavouring, Sweetener: Steviol glycosides  
\*protein content 80%

#### TR90 V-Shake - VANILLA:

Pea Protein Powder (63%)\*, Brown Rice Protein Powder(31%)\*, Natural Vanilla Flavouring, Sweetener: Steviol glycosides  
\*protein content 80%



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### NUTRITIONAL DECLARATION

#### TR90 V-Shake – Chocolate

Nutritional Information

Serving Size: 25 g

Servings per Container: 20

	Per 100 g	%RI*	Per 25 g	%RI*
Energy	1616kJ 386 kcal	19%	404 kJ 97 kcal	5%
Fat	4.9 g	7%	1.2 g	2%
Of which saturates	1.3 g	7%	0.3 g	2%
Carbohydrate	5.6 g	2%	1.4 g	1%
Of which sugars	0 g	0%	0 g	0%
Fibre	2.5 g		0.6 g	
Protein	74 g	148%	19 g	38%
Salt	1.5 g	25%	0.4 g	7%

(\*) Daily reference intake for an adult (8400 kJ/2000 kcal).

#### TR90® V-Shake – Vanilla

Nutritional Information

Serving Size: 25 g

Servings per Container: 20

	Per 100 g	%RI*	Per 25 g	%RI*
Energy	1616kJ 386 kcal	19%	404 kJ 97 kcal	5%
Fat	4.6 g	7%	1.1 g	2%
Of which saturates	1.1 g	7%	0.3 g	2%
Carbohydrate	5.3 g	2 %	1.3 g	1%
Of which sugars	0 g	0%	0 g	0%
Fibre	1.4 g		0.3 g	
Protein	76 g	151%	19 g	38%
Salt	1.6 g	27%	0.4 g	7%

(\*) Daily reference intake for an adult (8400 kJ/2000 kcal).