

# Whey Protein Enriched Lychee Performance Drink



*This refreshing, muscle-friendly whey protein beverage is great to enjoy post-workout.*

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

Calories 90kcal; Total Fat 0g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 5mg; Total Carbohydrates 1g; Dietary Fiber 0g; Sugars 1g; Protein 21g; Calcium 112mg; Magnesium 450mg; Phosphorus 1057mg; Potassium 115mg; Sodium 50mg; Iron 0mg; 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:**

<b>U.S. Whey Protein Isolate (Instantized)</b>	<b>12.5g</b>
<b>U.S. Whey Protein Isolate (Pre acidified)</b>	<b>12.5g</b>
Lychee Flavor	0.55g
Sucralose	0.045g
<b>Total</b>	<b>25.6g</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: <https://www.usdairyexcellence.org/>