



CARBOHYDRATES



POST-EXERCISE



MINERAL SALTS



PROTEINS AND AMINO ACIDS



SUPPLEMENTS



CHILDREN AND YOUNG ATHLETES

infisport
SCIENCE NUTRITION



Chocolate

BRYO

Enriched food for children and young athletes.

IPowdered food enriched with vitamins A, D, E, C, B1, B2, B3, B6, B9, B12, B8, B5, potassium, calcium, phosphorus, magnesium, iron, zinc, copper, manganese and iodine.

INGREDIENTS:

Defatted cocoa powder, fructose, freeze dried banana powder, maltodextrin, carob powder, **MILK** protein (**WHEY** protein concentrate (Lacprodan®, Arla Foods Ingredients Group P/s) and emulsifier **SOY** lecithin), inulin, **SOYA** protein isolate (**SOYA** protein isolate, **SOYA** lecithin emulsifier and **SULPHITE** agents), **SOYA** lecithin, calcium salt of orthophosphoric acid, magnesium carbonate, vitamin mix (L-ascorbic acid (vitamin C), DL-alpha-tocopheryl acetate (vitamin E), nicotinamide (niacin), retinyl acetate (vitamin A), calcium D-pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), riboflavin, thiamine hydrochloride (thiamine), pteroylmonoglutamic acid (folic acid), D-biotin (biotin), cholecalciferol (vitamin D), cyanocobalamin (vitamin B12)), potassium iodide, flax seed powder (Linum usitatissimum), flavouring, freeze-dried royal jelly, ferrous fumarate, zinc sulphate, manganese sulphate, cupric sulphate.

DIRECTIONS FOR USE:

Dissolve one measure (20 g) in a glass of semi-skimmed milk (200 ml).

NET WEIGHT:

620 g powder.

WARNINGS:

Storage: Once open, keep the container airtight and store in a cool and dry place.

BREAKFAST

SNACK



PRODUCT MANUFACTURED WITH CERTIFIED SUPPLIER UNDER REGULATIONS:





CARBOHYDRATES



POST-EXERCISE

MINERAL
SALTSPROTEINS AND
AMINO ACIDS

SUPPLEMENTS

CHILDREN AND
YOUNG ATHLETES infisport[®]
SCIENCE NUTRITION.

Chocolate

BRYO

NUTRITIONAL INFORMATION:

	100 g	Per serving Bryo (20g) + 200 ml of semi-skimmed milk
Energy value	1460 kJ/346 kcal	706 kJ/168 kcal
Fat	4,4 g	4,2 g
Of which:		
Saturated	2,0 g	2,7 g
Carbohydrates	52 g	20 g
Of which:		
Sugars	35 g	7,0 g
Fibre	14 g	2,8 g
Protein	17 g	11 g
Salt	0,30 g	0,30 g
VITAMINS:		
Vitamin A	801 µg (100% NRV*)	199 µg (25% NRV*)
Vitamin D	5,3 µg (106% NRV*)	1,1 µg (22% NRV*)
Vitamin E	12 mg (100% NRV*)	2,6 mg (22% NRV*)
Vitamin C	80 mg (100% NRV*)	17 mg (21% NRV*)
Thiamine (B1)	1,1 mg (100% NRV*)	0,31 mg (28% NRV*)
Riboflavin (B2)	1,4 mg (100% NRV*)	0,68 mg (49% NRV*)
Niacin (B3)	17 mg (106% NRV*)	4,8 mg (30% NRV*)
Vitamin B6	1,4 mg (100% NRV*)	0,41 mg (29% NRV*)
Folic acid (B9)	201 µg (101% NRV*)	47,5 µg (24% NRV*)
Vitamin B12	2,5 µg (100% NRV*)	1,1 µg (44% NRV*)
Biotin (B8)	51 µg (102% NRV*)	10 µg (20% NRV*)
Pantothenic acid (B5)	6,1 mg (102% NRV*)	1,2 mg (20% NRV*)

	100 g	Per serving Bryo (20g) + 200 ml of semi-skimmed milk
MINERALS:		
Potassium	846 mg (42% NRV*)	490 mg (25% NRV*)
Calcium	437 mg (55% NRV*)	346 mg (43% NRV*)
Phosphorous	463 mg (66% NRV*)	281 mg (40% NRV*)
Magnesium	317 mg (85% NRV*)	88,1 mg (23% NRV*)
Iron	20 mg (143% NRV*)	4,1 mg (29% NRV*)
Zinc	17 mg (170% NRV*)	4,5 mg (45% NRV*)
Copper	3,9 mg (390% NRV*)	0,77 mg (77% NRV*)
Manganese	5,9 mg (295% NRV*)	1,2 mg (60% NRV*)
Iodine	150 µg (100% NRV*)	47,8 µg (32% NRV*)
OTHER SUBSTANCES:		
Phospholipids	855 mg	171 mg
- Phosphatidylcholine	345 mg	69 mg
- Phosphatidylethanolamine	300 mg	60 mg
- Phosphatidylinositol	210 mg	42 mg
Linoleic Ω 3	40,61 mg	8,12 mg
Linoleic Ω 6	813,28 mg	162,66 mg
Royal jelly	125 mg	25 mg

*NRV: Nutrient Reference Values