

# Mango and Lime Performance Drink

Infused with U.S. whey protein isolate, this delicious mango and lime flavored drink packs a protein punch.

## INGREDIENTS

	Quantity (g)	Usage Level
U.S. Whey Protein Isolate (Instantized)	12.5	45.1
U.S. Whey Protein Isolate (Pre acidified)	12.5	45.1
Citric Acid	2.25	8.1
Sucralose	0.045	0.2
Mango Flavor	0.23	0.8
Lime	0.07	0.3
Orange Color	0.1	0.4
Salt	0.05	0.2
<b>Total</b>	<b>27.75</b>	<b>100</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.



## BENEFIT OF USING U.S. DAIRY

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

## NUTRITION CONTENT PER 100G (BASED ON DRY-MIX):

Per 100g	
<b>Calories</b>	350kcal
<b>Total Fat</b>	0.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	10mg
<b>Total Carbohydrates</b>	12g
Dietary Fiber	0g
Sugars	2g
<b>Protein</b>	77g
Calcium	403mg
Magnesium	90.3mg
Phosphorus	975mg
Potassium	415mg
Sodium	300mg
Iron	1mg
Vitamin A	0IU
Vitamin C	0mg

Rely on the dynamic lineup of U.S. Dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)  
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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed by U.S. Dairy Export Council Southeast Asia.