

DOUBLE RICH CHOCOLATE

4kg

Nutrition Information

Servings Per Container 131

Serving Size 30.4 g (About 1 Scoop)

	Quantity Per Serving†	Quantity Per 100g†	% Daily Values†*
Energy	117 kcal	383 kcal	4 %
Protein	24 g	79 g	40 %
Carbohydrate	3 g	10 g	
- Total Sugars	1 g	3 g	
- Added Sugars	0 g	0 g	
Total Fat	1 g	3 g	3 %
- Saturated Fat	0.5 g	2 g	
- Trans Fat	0 g	0 g	
Cholesterol	45 mg	148 mg	
Sodium	50 mg	164 mg	2 %

† All Values are considered averages unless otherwise indicated.

* Percent Daily Values are based on Recommended Daily Allowances for Adult Moderate Work Men per serving size according to Indian Council of Medical Research (ICMR) Guideline 2010.

INGREDIENTS: Protein Blend (93%) (Whey Protein Isolate, Whey Protein Concentrate, Hydrolysed Whey Protein) (Emulsifier: INS 322i), Cocoa Powder (Processed With Alkali), Artificial Flavours (Chocolate, Vanilla), Sweetener (INS 950).

ALLERGENS: Contains MILK and SOY.

GLUTEN
FREE



100% OF THE PROTEIN
FROM WHEY



Optimum Nutrition

Joanne Whitehead



Optimum Nutrition:

The New Optimum Nutrition Bible Patrick Holford, 2011-03-30 Since it was first published in 1997 THE OPTIMUM NUTRITION BIBLE has revolutionized health by showing more than half a million readers how to achieve a profound sense of well being by devising the best possible intake of nutrients for their unique biochemical makeup THE NEW OPTIMUM NUTRITION BIBLE presents the latest research from Britain's top nutrition expert Patrick Holford with new chapters on stimulants water eating right for your blood type detox homocysteine and toxic minerals You'll learn to analyze your symptoms lifestyle and eating habits in order to formulate a personal ideal diet and vitamin regimen Once optimum nutrition is in place you can look forward to a consistent high level of energy emotional balance alertness physical fitness resilience against infectious diseases and longevity A revised edition of the best selling nutritional guide with an A to Z guide to specific health problems and how to heal them with optimum nutrition Unlike modern medicine which tends to treat diseases not people the optimum nutrition approach considers a human being as a whole with an interconnected mind and body designed to adapt to health if the circumstances are right Additional chapters cover boosting your immune system preventing cancer and heart disease how to increase your IQ memory and mental performance improving skin health and much more THE OPTIMUM NUTRITION BIBLE sold more than 500 000 copies worldwide

Optimum Nutrition For Your Child Patrick Holford, Deborah Colson, 2012-09-20 Patrick Holford illustrated the connection between nutrition and all aspects of health in his best selling book THE OPTIMUM NUTRITION BIBLE In OPTIMUM NUTRITION FOR YOUR CHILD he reveals how crucial optimum nutrition is for children's general health and development as well as their behaviour and IQ He explains why certain foods are so beneficial and why others are damaging and enables you to identify common problems in children which can be improved or solved with the right foods and supplements With invaluable advice on getting children to eat healthy food food plans and practical tips this book is the definitive guide for parents

Optimum Nutrition Before, During And After Pregnancy Patrick Holford, Susannah Lawson, 2012-09-20 This book is the essential guide to nutrition for women who are either planning to conceive are pregnant or have given birth It will also help women who are having difficulty conceiving or taking their baby to term Top nutritionist Patrick Holford and Foresight practitioner Susannah Lawson start with a pre conception nutrition checklist moving on to cover nutrition in pregnancy complete with diet and meal plans and follow up with useful advice about your own nutrition in early parenthood from beating the baby blues to how to produce the best quality milk The final section deals with optimum nutrition for babies and young children with information about weaning prevention of allergies and the ideal diet for a healthy child Discover top nutritional advice that will help you to achieve maximum fertility and good health prevent birth defects avoid sickness and other pregnancy problems prevent allergies in your baby feed your baby in the best way possible and much more

Optimum Nutrition Patrick Holford, 1992

Optimum Nutrition Made Easy Patrick Holford, Susannah Campos, Susannah Lawson, 2010-12-02 Are you rarely ill Do you

have abundant energy clear skin and a happy outlook If not this book can help you achieve this and much more Optimum nutrition is a revolution in health care It means giving yourself the best possible intake of nutrients to allow your body to be as healthy as it possibly can In the bestselling OPTIMUM NUTRITION BIBLE Patrick Holford revealed precisely how to achieve optimum nutrition In OPTIMUM NUTRITION MADE EASY he distills the essence of his unique approach to health and presents it in an easy to follow accessible format It includes the basics of optimum nutrition including what to eat what to avoid and which supplements to take as well as advice on superfoods and meal planning The author also provides a simple programme for achieving optimum health and through a series of questionnaires allows you to develop a nutrition programme that is right for you

The Feel Good Factor Patrick Holford,2010-12-30 Low mood motivation and depression are endemic and on the increase About 40% of all GP visits are for people feeling depressed In America recent figures show that one in ten have been prescribed anti depressants The recession has fuelled the need for the feel good factor This book written by leading nutrition expert and psychologist delivers highly effective ways nutritional and psychological with practical lifestyle and life management techniques that really make a difference to how you feel If you eat the right foods avoid the wrong ones your mood will improve dramatically and quickly Patrick Holford s approach is supported by substantial research and backed up by poignant and motivating case histories It also includes case histories of those at the suicidal end of depression who failed to get better with conventional approaches and recovered completely on Holford s regime The book would be supported by further in depth analysis relating to mood and diet taken from Holford s 100% Health survey which was completed by over 55 000 people

The 10 Secrets Of 100% Healthy People Patrick Holford,2009-12-24 Do you know the ten habits that could help you thrive not just survive in the 21st century In order to discover what those secrets are Patrick Holford and his team have carried out Britain s biggest ever health and diet survey the 100% health survey which has now been completed by over 55 000 people This book is a distillation of the fascinating insights provided by the survey s top scorers and the author s 30 years of experience studying good health and how to achieve it It shows readers how to discover where they are on the scale of 100% health and provides a new system of good health that is easy to follow and easily measurable one that will enable people to transform their health and wellbeing whether they are relatively fit and healthy or struggling with various health issues This highly informative and practical book covers ten areas crucial to a healthy and happy life including the key to gaining energy and losing weight how to slow down the ageing process keeping your body and mind well oiled sharpening your mind and improving your mood keeping fit and supple and finding your purpose in life

Monograph Series American Chemical Society,1929 **A Quick Guide to the Low-GL Diet** Patrick Holford,2014-03-27 Patrick Holford s low GL diet is a simple and effective way to seriously improve your health Since the first edition of the diet was published in 2004 numerous people have tried it and can testify to its effectiveness for weight loss not only that but it improves long term health and vitality This book summarises the main principles of the diet and provides

everything you need to get started So what is a low GL diet Essentially it is a way of keeping your blood sugar steady so that you avoid the rollercoaster effect caused by a high intake of sugar and refined carbohydrates Why is this important Because fluctuating blood sugar causes the body to store excess energy as fat and as well as piling on the pounds in the long term leads to a whole host of related problems from a lack of energy to an increased risk of diabetes and heart disease Clear and easy to follow A Quick Guide to the Low GL Diet is perfect for anyone who wants to transform their weight and their health with a diet that is sensible and truly effective NOTE the information in this book is taken from The Low GL Diet Bible by Patrick Holford A Textbook of Foods, Nutrition & Dietetics Begum R M,2008 *Food Is Better Medicine Than Drugs* Patrick Holford,Jerome Burne,2011-02-17 FOOD IS BETTER MEDICINE THAN DRUGS is an important and potentially controversial book from top nutritionist Patrick Holford and leading health journalist Jerome Burne Brilliantly researched and based on solid scientific trials and illuminating case histories Food is Better Medicine than Drugs will revolutionise the way you think about your health and put you back in charge The authors reveal how modern medicine has become distorted and is now for reasons largely to do with profit and power heavily dependent on prescription drugs They look at common health problems pain arthritis heart depression diabetes memory hormones digestion breathing infections etc and compare the effectiveness of nutrition based approaches with today's potentially harmful commonly used medicines Public Health Reports ,1943 Journal of the Rosacea Research & Development Institute Joanne Whitehead,2010-03-12 The Journal of the Rosacea Research Development Institute the first dedicated rosacea journal is produced by volunteer rosacea sufferers Articles by dermatologists physicians naturopaths researchers and patients are included A new class of topical medications may soon be available to treat facial redness Ocular rosacea the number one contributor to poor ocular surface health Rheumatic autoimmunity as the cause of rosacea Inside rosacea Optimizing redness reduction part I Rosacea and skin care The importance of essential fatty acids for rosacea Food choices for rosacea immunity Rosacea inflammation and aging The inefficiency of stress Psychological stress and rosacea The role of Demodex mites in the pathogenesis of rosacea and blepharitis and their control A molecular link between rosacea and gastrointestinal disease Signal Transduction Modulators to treat rosacea The effect of dietary salt on rosacea Is it possible for rosaceans to do research Research Highlights Books and articles to be published in the future Seeing the Voice of God Laura Harris Smith,2014-01-07 God is always speaking even when He doesn't use words We live in a post verbal society that communicates through images television smartphones the Internet and our Creator longs to communicate with us visually if we'll live with our eyes wide open With absorbing insight Seeing the Voice of God demystifies nighttime dreams and daytime visions revealing the science behind the supernatural and giving you a biblical foundation for making sense of what you see You'll also learn to discern if what you see is from God study the ten most common types of dreams discover spirit mind and medical tips for better dream recall interpret dream symbols and imagery review the best iPhone and Android sleep cycle apps Includes a comprehensive Dream

Symbols Dictionary with over 1 000 biblical definitions **Nutrient Uptake and Cycling in Forest Ecosystems** L.O. Nilsson, Reinhard F. Hüttel, U.T. Johansson, 2012-12-06 From the research results and discussions presented in this book it becomes clear that a profound understanding of the various interrelationships of the nutritional aspects allows the implementation of specific management strategies to improve stability and productivity of forest ecosystems In particular the effects of environmental changes as related to the impacts of air pollution global change and land use on nutrient uptake and cycling processes in forest ecosystems are dealt with in detail The book is divided into six main issues and each topic contains reviews as well as selected results of recent studies **The Complete Book of Juicing, Revised and Updated** Michael T. Murray, N.D., 2013-12-31 With fifty new recipes and new information on the benefits of juicing and juice cleanses here is the completely revised and updated edition of this juicing category killer The first completely revised edition of this juicing classic The Complete Book of Juicing is packed with new information on super fruits such as pomegranate and papaya weight loss and juice fasts immune function juicers and more With one hundred fruit and vegetable recipes and a fresh new package this book is a user friendly and fun necessity for any juicing kitchen **Edible Histories, Cultural Politics** Franca Iacovetta, Valerie J. Korinek, Marlene Epp, 2012-11-07 Just as the Canada s rich past resists any singular narrative there is no such thing as a singular Canadian food tradition This new book explores Canada s diverse food cultures and the varied relationships that Canadians have had historically with food practices in the context of community region nation and beyond Based on findings from menus cookbooks government documents advertisements media sources oral histories memoirs and archival collections Edible Histories offers a veritable feast of original research on Canada s food history and its relationship to culture and politics This exciting collection explores a wide variety of topics including urban restaurant culture ethnic cuisines and the controversial history of margarine in Canada It also covers a broad time span from early contact between European settlers and First Nations through the end of the twentieth century Edible Histories intertwines information of Canada s foodways the practices and traditions associated with food and food preparation and stories of immigration politics gender economics science medicine and religion Sophisticated culturally sensitive and accessible Edible Histories will appeal to students historians and foodies alike **Lose Weight, Gain Energy, Get Healthy: Teach Yourself** Sara Kirkham, 2010-01-29 Have you tried hundreds of diets and failed Lose Weight Gain Energy Get Healthy is not a diet but an achievable approach to eating which maximises the use of superfoods to not only lose weight but really gain in energy and wellbeing With info on how to detox and how to sustain your weight loss this is your ultimate guide to optimum nutrition and a new slimmer body NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of how to win at sudoku FIVE THINGS TO REMEMBER Quick

refreshers to help you remember the key facts TRY THIS Innovative exercises illustrate what you've learnt and how to use it

Vegetarian Times, 1982-11 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

The 5-Day Diet Patrick Holford, 2020-05-28 Kickstart ketosis lose weight gain energy and transform your health in just five days Pioneering research has shown that a diet that is low in carbs and calories and high in good fats that trigger ketosis can counteract many diseases and boost wellbeing better than water fasts In The 5 Day Diet nutrition expert and co author of The Hybrid Diet Patrick Holford provides you with a tried and tested plan to trigger a self repair process called autophagy which renews and rejuvenates your cells reboots your metabolism and detoxifies your body This book breaks down the science and how it works while giving you daily meal plans recipes and exercises Whether you are after a quick fix with lasting results or looking to improve overall wellbeing The 5 Day Diet is a springboard to better health

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