

PRO-TEEN

#REFUELRIGHTFEELRIGHT



Vitamins

Packed with Vitamins C, D3 and B's



Minerals

Calcium, Iron, Zinc & more



Protein

A wholesome source of Protein & BCAAs



www.youthsportnutrition.co.uk

The all-in-one recovery shake developed for youth athletes. Trusted by sport.

Welcome to #TeamYSN! We're delighted to have you on-board as the newest member of our team. We understand that this may be your first time trying out a recovery shake. So to help, we've put together a user guide for our product range and how to get the best out of your recovery nutrition.

1 First things first, whats in each serving?

Each scoop contains precise ingredients needed for optimal recovery, including:

- Protein
- Vitamin C
- Calcium, phosphorus, & Magnesium
- Vitamin D3
- Zinc & Iron
- Omega 3 & 6

2 When to drink:

PRO-TEEN® is designed as an 'after sport' recovery shake to offer convenience. Consume within 30 minutes of intense exercise to nourish tired muscles & replenish energy levels.

You could also blend a scoop into your favourite smoothie & enjoy as a meal replacement on non-training days if needed.

3 Directions:

Add a level scoop (provided) into your Zen Shaker. Add 500ml ice cold milk or water, shake it up for 20 seconds (or blend it) and enjoy!

4 Age group serving guide (per day):

7-10: 1/2 of 1 Scoop

11-13: 3/4 of 1 Scoop

13+: 1 x 50g Scoop

Please note: Values are provided as guidelines only. Do not exceed daily reference intake.

Save 20%!
Use your clubs partnership code at online checkout!

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