



CARBOHYDRATES



CARBOHYDRATES
+ PROTEINS



MINERAL
SALTS



PROTEINS AND
AMINO ACIDS



SUPPLEMENTS



CHILDREN AND
YOUNG ATHLETES

infisport
SCIENCE NUTRITION.



Chocolate

BRYO

Enriched supplement for child and young athletes.

Food supplement enriched with vitamin A, D, E, C, B1, B2, B3, B6, B9, B12, B8, B5, potassium, calcium, phosphorous, magnesium, iron, zinc, copper, manganese and iodine.

INGREDIENTS:

Fructose, maltodextrin, fat-free cocoa powder (15%), **milk** protein (concentrated **whey** protein (Lacprodan®, Arla Foods Ingredients Group P/s) and emulsifier: **soy** lecithin), inulin, isolated **soy** protein (isolated **soy** protein, emulsifier: **soy** lecithin and sulphite agents), **soy** lecithin, dicalcium phosphate, magnesium carbonate, mixture of vitamins (L-ascorbic acid (vitamin C), DL-alpha tocopheryl acetate (vitamin E), nicotinamide (vitamin B3), retinyl acetate (vitamin A), D-pantothenate calcium (vitamin B5), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), pteroylmonoglutamic acid (vitamin B9), D-biotin (vitamin B8), cholecalciferol (vitamin D), cyanocobalamin (vitamin B12)), potassium iodide, powdered linseed (Linum usitatissimum), vanilla flavouring, sodium chloride, lyophilized royal jelly, ferrous fumarate, zinc sulphate, manganese sulphate, cupric sulphate.

DIRECTIONS FOR USE:

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

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

NET WEIGHT:

750 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:





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NUTRITIONAL INFORMATION:

	100 g	Per serving Bryo (20g) + 200 ml of semi-skimmed milk
Energy value	1547 kJ/366 kcal	707 kJ/168 kcal
Fat	3,6 g	3,9 g
Of which:		
Saturated	1,8 g	2,6 g
Carbohydrates	65 g	23 g
Of which:		
Sugars	47 g	9 g
Fibre	7,9 g	1,6 g
Protein	14 g	10 g
Salt	0,17 g	0,034 g
VITAMINS:		
Vitamin A	801 µg (100% NRV*)	198 µg (25% NRV*)
Vitamin D	5,3 µg (106% NRV*)	1,1 µg (22% NRV*)
Vitamin E	12 mg (100% NRV*)	2,48 mg (21% NRV*)
Vitamin C	80 mg (100% NRV*)	17 mg (21% NRV*)
Thiamine (B1)	1,1 mg (100% NRV*)	0,3 mg (27% NRV*)
Riboflavin (B2)	1,4 mg (100% NRV*)	0,66 mg (47% NRV*)
Niacin (B3)	17 mg (106% NRV*)	4,82 mg (30% NRV*)
Vitamin B6	1,4 mg (100% NRV*)	0,4 mg (29% NRV*)
Folic acid (B9)	201 µg (101% NRV*)	45,6 µg (23% NRV*)
Vitamin B12	2,5 µg (100% NRV*)	1,1 µg (44% NRV*)
Biotin (B8)	51 µg (102% NRV*)	10,2 µg (20% NRV*)
Pantothenic acid (B5)	6,1 mg (102% NRV*)	1,22 mg (20% NRV*)

	100 g	Per serving Bryo (20g) + 200 ml of semi-skimmed milk
MINERALS:		
Potassium	561 mg (28% NRV*)	422 mg (21% NRV*)
Calcium	377 mg (47% NRV*)	325 mg (41% NRV*)
Phosphorous	423 mg (60% NRV*)	266,6 mg (38% NRV*)
Magnesium	298 mg (79% NRV*)	83,4 mg (22% NRV*)
Iron	18 mg (129% NRV*)	3,78 mg (27% NRV*)
Zinc	17 mg (170% NRV*)	4,44 mg (44% NRV*)
Copper	3,6 mg (360% NRV*)	0,72 mg (72% NRV*)
Manganese	5,6 mg (280% NRV*)	1,12 mg (56% NRV*)
Iodine	150 µg (100% NRV*)	47,2 µg (32% NRV*)

OTHER SUBSTANCES:		
Phospholipids	848 mg	170 mg
- Phosphatidylcholine	345 mg	69 mg
- Phosphatidylethanolamine	285 mg	57 mg
- Phosphatidylinositol	218 mg	44 mg
Linoleic Ω 3	94 mg	18,8 mg
Linoleic Ω 6	500 mg	100 mg
Royal jelly	125 mg	25 mg

*NRV: Nutrient Reference Values