

Specification Sheet

General Information	
Product name	Gainer
Standard	IN HOUSE
Specification ref.	FR2331240
Issue numer	1
Date of Issue	31.10.2022
Package	Doypack
Flavours	banana
Form	Powder
Processes used during production	sieving components, mixing, filling dedicated doypacks, closing the doypacks, packing doypacks into the bucket, adding scoop, closing the bucket, packing according to the palletisation document
Suitable for vegetarians/ Suitable for vegans	Yes / No
Density of material loose/tapped [g/cm ³]	0.54 / 0.66
Portion size [g]	150
Mass net [kg]	2,5
Country of origin	Poland
For banana flavour	
Analysis	Specification
Appearance	White to yellow powder
Aroma/ Odour	Characteristic banana
Flavour	Banana
Moisture	≤ 6 %
Contamination	No
Microbiology	
Enumeration of mesophilic aerobic bacteria	≤5x10 ⁴ CFU/g Typically ≤10 ³ CFU/g
Enumeration of fungi (molds and yeasts)	≤10 ³ CFU/g Typically ≤10 ² CFU/g
Detection of Escherichia coli	Absence in 1 g
Detection of coagulase-positive staphylococci (Staphylococcus aureus and other species)	Absence in 1 g
Detection of Salmonella spp.	Absence in 25 g
Heavy metals	
Cadmium	≤ 1,0 ppm
Lead	≤ 3,0 ppm
Mercury	≤ 0,1 ppm

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LIST OF INGREDIENTS (decreasing value)	
For banana flavour	
Compound	Function
Maltodextrin	Active ingredient
Whey Protein Concentrate	Active ingredient
Glucose monohydrate	Active ingredient
Buttermilk	Active ingredient
Xanthan gum E415	Thickener
Creatine Monohydrate	Active ingredient
Condensed Milk Aroma	Aroma
Banana Aroma	Aroma
Magnesium salts of citric acid	Active ingredient
Sodium chloride (salt)	Flavour ingredient
White Chocolate Aroma	Aroma
Potassium chloride	Active ingredient
L-ascorbic acid	Active ingredient
Steviol glycosides from stevia E960a	Sweetener
DL-alpha-tocopheryl acetate	Active ingredient
Nicotinic acid amide	Active ingredient
Retinyl acetate	Active ingredient
Zinc gluconate	Active ingredient
Thiamine mononitrate	Active ingredient
Pyridoxine hydrochloride	Active ingredient
Riboflavin	Active ingredient
Cyanocobalamin	Active ingredient
Cholecalciferol	Active ingredient
Filochinon (Fitomenadion) 5%Phylloquinone (Phytonadione) 5%	Active ingredient
Pteroylmonoglutamic acid	Active ingredient

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Nutritional Information				
For banana flavour				
Portion [g]	150			
Portion per container	16			
Nutritional Information	100 g	RDI	Portion	RDI
Energy [kcal]	378,8		568,2	
Energy [kJ]	1602,2		2403,3	
Protein (in dry mass) [g]	18,1		27,2	
Protein (as it is) [g]	18,0		27,0	
Carbohydrates [g]	73,1		109,6	
of which Sugar [g]	18,9		28,3	
Fats [g]	1,8		2,6	
of which saturated fatty acids [g]	1,7		2,5	
Salt [g]	0,1		0,2	
Creatine Monohydrate [mg]	833		1250	
Vitamin C [mg]	16,0	20,0%	24,0	30,0%
Vitamin E [mg]	2,4	20,2%	3,6	30,3%
Vitamin B1 [mg]	0,5	45,5%	0,7	68,2%
Vitamin B2 [mg]	0,5	35,7%	0,7	53,6%
Vitamin B3 [mg]	4,8	30,0%	7,3	45,0%
Vitamin B6 [mg]	0,5	35,7%	0,7	53,6%
Vitamin B12 [mcg]	0,4	16,0%	0,6	24,0%
Folic Acid [mcg]	24,2	12,1%	36,3	18,2%
Vitamin A [mcg]	242,0	30,3%	363,0	45,4%
Vitamin D3 [mcg]	0,4	8,0%	0,6	12,0%
Vitamin K1 [mcg]	7,5	10,0%	11,3	15,0%
Potassium [mg]	12,0	0,6%	18,0	0,9%
Magnesium [mg]	15,0	4,0%	22,5	6,0%
Zinc [mg]	0,2	2,4%	0,4	3,6%

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Allergens according to Regulation No. 1169/2011 and its amendments		
Allergen name	Yes/No	Additional information
BHA/BHT/Related compounds	No	
Bovine products or by-products	No	
Celery or products thereof	No	
Cereals containing Gluten (Wheat, rye, barley, oats, spelt, kamut or their hydrolysed strains) or products thereof	No	
Crustaceans/Shellfish or products thereof	No	
Eggs or products thereof	No	
Fish or products thereof	No	
Milk or Milk products (including lactose)	Yes	Milk Based Protein
Mustard seed or products thereof	No	
Nuts or products thereof	No	
Peanuts or products thereof	No	
Sesame seeds or products thereof	No	
SO ₂ or Sulphate at concentration over 10mg/kg	No	
Soya beans or products thereof	No	
Molluscs or products thereof	No	
Lupin or products thereof	No	

Instruction for use		
Mix or with	2,25 150 g 300 ml	Scoop (measuring lines) of powder of water

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Typical Amino Acid profile		
Amino acid	g/100g of product	g/100g of protein
Aspartic acid	1,7	8,7
Glutamic Acid	2,8	14,9
Serine	0,8	4,4
Glycine	0,3	1,6
Histidine	0,3	1,6
Arginine	0,4	2,1
Threonine	1,1	5,8
Alanine	0,8	4,1
Proline	0,9	5,0
Tyrosine	0,5	2,6
Valine	0,9	4,7
Methionine	0,3	1,7
Cysteine	0,3	1,6
Isoleucine	0,9	4,8
Leucine	1,6	8,7
Phenylalanine	0,5	2,7
Lysine	1,5	7,7

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Additional information

Expiry date: 18 months from the production date. Product should be used within 90 days after opening.

Storage conditions: Store the finished product in a sealed package in a dry place, away from direct sunlight at 18-25°C. Keep out of reach of small children.

Regulatory Statements:

GMO Status: This product is GMO FREE in accordance with EU Regulations 1829/2003 and 1830/2003.

Irradiation Status: This product has NOT been irradiated OR treated with ETO in accordance with EU directive 1999/2/EC of 22 February 1999 concerning foods and food ingredients treated with ionisation radiation.

Nano materials: This material is not produced using Nanotechnology and is free from Nano-particles, and so complies with EU regulations 1169/2011 and 2015/2283.

Contaminants: The product and its ingredients meet the requirements for maximum permitted levels of contaminants in foodstuffs laid down in Regulation No. 1881/2006, as amended.

Packaging: The primary packaging used for the blends manufactured at Global Blend are suitable for contact with food and in compliance with EC regulation 1935/ 2004 and its amendments thereof.

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