







# Women's Health – Post Menopause

## Vegan protein powder with selected nutrient complex



Post-menopause brings shifts in muscle and bone metabolism. Our vegan shake with plant protein, creatine and a vitamin-mineral complex helps maintain muscle mass, supports bone health and contributes to sustained strength and performance.

### Benefits

-  Plant Protein Complex
-  Creatin monohydrate
-  Supports bone health with Calcium & Vitamins
-  Digestive fibre for gut health
-  Vanilla – Chai Flavour
-  Clean, sugar-free formulation

# Product Data Sheet

**Product name:** Postmenopause Shake Vanilla Chai

**Article number:** 150000525201

**Article status:** Development

## Product Information

<b>Product description:</b>	Powder for the preparation of a vegan protein shake with vitamins, minerals and creatin (Creavitalis). With sweetener. Vanilla-Chai flavour.
<b>Mandatory advice:</b>	A varied and balanced diet is recommended.
<b>Preparation:</b>	For one serving mix 30 g of powder with 300 ml water preferably using a whisk or a shaker. Alternatively, the drink can also be prepared with milk or milk alternatives.
<b>Directions for use:</b>	1-2 servings per day.
<b>Storage conditions:</b>	Store cool and dry in closed original packaging.
- Temperature:	< 20 °C
<b>Shelf life:</b>	in process
<b>Packaging:</b>	On request  Filling level due to technical reasons.
<b>Health/Nutrition claims:</b> (acc. Reg. (EC) No 1924/2006)	High protein. Source of fibre. Calcium is needed for the maintenance of normal bones. Protein contributes to the maintenance of muscle mass. Protein contributes to the maintenance of normal bones. Selenium contributes to the protection of cells from oxidative stress. Vitamin B12 contributes to normal homocysteine metabolism. Vitamin B6 contributes to normal homocysteine metabolism. Vitamin C contributes to the protection of cells from oxidative stress. Vitamin D contributes to the maintenance of normal bones. Vitamin E contributes to the protection of cells from oxidative stress. Vitamin K contributes to the maintenance of normal bones. Magnesium contributes to normal protein synthesis. Zinc contributes to the normal function of the immune system. Chromium contributes to the maintenance of normal blood glucose levels.

Foodstuff, suitable for human consumption.

This article is a development article. Changes in the specification may occur.

## Specification

### Used product forms:

Pea protein, faba bean protein, flax seed flour, natural flavouring, oligofructose, creatine monohydrate, calcium carbonate, fat-reduced cocoa powder, magnesium carbonate, thickeners: xanthan gum, guar gum, ground cinnamon, sea salt, sweetener: steviol glycosides from stevia, ascorbic acid, DL-alpha tocopheryl acetate, zinc oxide, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, chromium(III) chloride, potassium iodide, menaquinone, sodium selenite, cholecalciferol, cyanocobalamin.

May contain traces of milk, egg, soy, gluten and lupins.

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## Sensory parameters

Criteria	Unit	Min	Max	Target value
Appearance				powder
Colour				brown
Odour				typical
Taste				typical

## Microbiology

Criteria	Unit	Min	Max	Target value
Total plate count	cfu/g		10000	
Yeasts and moulds	cfu/g		100	
Escherichia coli	cfu/g		10	
Enterobacteriaceae	cfu/g		100	

The microbiological parameters are guide values. We work with internal limit values that are based on the DGHM specifications.

## Average nutritional values

		Per 100g
Energy value	kJ	1393
Energy value	kcal	331
Fat	g	6
- of which saturated fatty acids	g	1,3
- of which polyunsaturated fatty acids	g	2,3
Carbohydrates	g	7,9
- of which sugars	g	2,4
Fibre	g	10
Protein	g	56
Salt	g	1,5

% NRV = Per cent of nutrient reference values

Serving size: 30 g powder with 300 ml water

For the nutrition declaration, the nomenclature for vitamins must comply with Reg. (EU) No 1169/2011 Annex XIII Part A.

For the nutrition declaration, further nutrients which are not listed in Reg. (EU) No. 1169/2011 Annex XV must be labelled separately from but in close proximity to the main nutrition declaration.

The nutritional information according to Regulation (EU) No 1169/2011 is calculated by considering supplier and/or literature data of the ingredients.

## Further Information

### Target levels

		Per 100g	NRV (%)	Per portion	NRV (%)
Vitamin D3 (cholecalciferol)	µg	8,3	166	2,5	50

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Vitamin E (tocopherol)	mg	20	167	6	50
Vitamin K2	µg	128	171	38	51
Vitamin C (Ascorbic acid)	mg	133	166	40	50
Thiamine	mg	1,8	164	0,55	50
Vitamin B2 (riboflavin)	mg	2,4	171	0,71	51
Vitamin B6 (pyridoxine)	mg	2,3	164	0,7	50
Folic acid	µg	333	167	100	50
Vitamin B12 (cyanocobalamin)	µg	4,2	168	1,2	48
Calcium	mg	1332	167	400	50
Magnesium	mg	378	101	114	30
Zinc	mg	6,7	67	2	20
Selenium	µg	55	100	17	31
Chromium	µg	40	100	12	30
Iodine	µg	150	100	45	30
Creatine	g	5,3		1,6	

## Suitability data

	Yes	No
Vegetarian	X	
Vegan	X	

Vegan according definition from Joint-statement-on-vegan-vegetarian from European Vegetarian Union, Food Drink Europe and EuroCommerce.

## Compliance

We confirm that the packaging materials for our products (if applicable) complies with the requirements of the Regulation (EC) No 1935/2004, Regulation (EC) No 2023/2006 and Regulation (EC) No 10/2011.

The article has not been treated with ionising radiation within the meaning of Directives 1999/2/EC and 1999/3/EC.

This article does not contain any ingredients that must be labelled as "nano" in accordance with the requirements of Regulation (EU) No. 1169/2011.

The article does not contain any ingredients that contain or are produced from GMOs, in accordance with the requirements of Regulations (EC) No. 1829/2003 and 1830/2003.

## Disclaimer

It is the responsibility of the user to check the products for their suitability for the intended use and for all legal requirements, including food law admissibility, before use. This version of the specification replaces all previous versions. This specification was created electronically and is valid without signature.

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