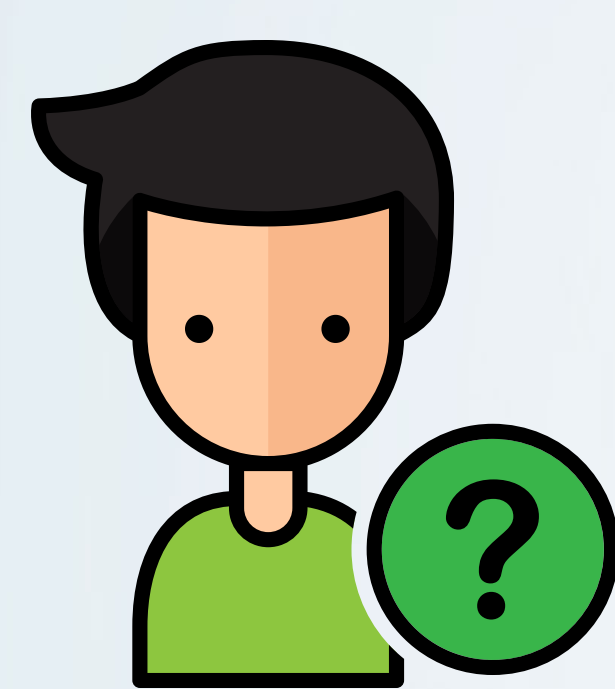


STARTER PACK

Welcome to YSN! Here you'll find all you need to know about PRO-TEEN® and how to get started with your first shake!



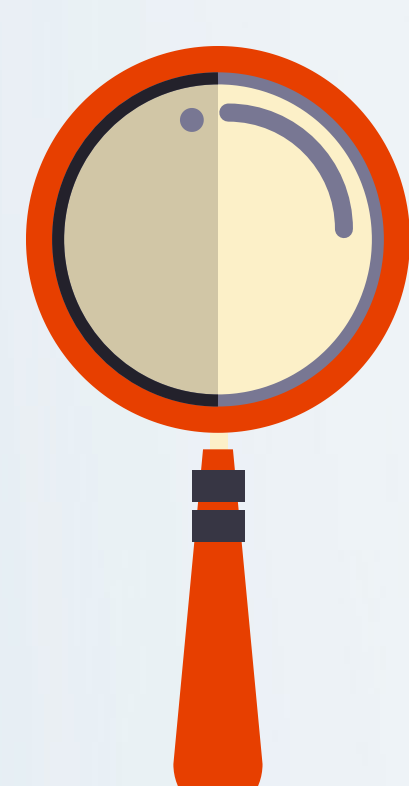
What is PRO-TEEN®?

PRO-TEEN® is the worlds first recovery shake for youth athletes, approved by Informed Sport. PRO-TEEN® has been specifically designed for active youths who struggle to consistently achieve a balance diet.



When to use PRO-TEEN®?

PRO-TEEN® is designed to meet a youth athletes' requirements for key major nutrients to support recovery after intense exercise. Parents may also use it as an alternative for some meals if access to whole foods is limited due to selective eating habits, or lack of time.



What's inside PRO-TEEN®?

PRO-TEEN® is essentially comprised of important nutrients necessary to support health, participation and normal development. Each ingredient is included in relative amounts and has a scientific basis for inclusion. A few of these include:

Bone Building: Vitamin D, Calcium and Phosphorus are needed for the normal growth and development of bone in children.

Brain Power: Zinc & Iron contribute to normal cognitive function.

Immunity: Vitamin C contributes to the normal function of the immune system.

Energy: Folate, Iron, Magnesium, Niacin, Pantothenic acid, Riboflavin, Vitamin B6, Vitamin B12 and Vitamin C contribute to the reduction of tiredness and fatigue.



What ages can use PRO-TEEN®?

Ages 7-10 can enjoy 25g (half of 1 scoop) if advised.

Ages 11-13 may use 37.5g (3/4 of 1 scoop) if required.

Ages 13+ are able to consume 50g or 1 level scoop.

Note: Values are provided as daily guidelines only.

HOW TO USE

Top tips for mixing up the perfect PRO-TEEN® shake



STEP 01

Add 400-500ml ice cold water or milk into your PRO-TEEN® shaker



STEP 02

Scoop up your relative serving amount (find this on the other side of this flyer)



STEP 03

Shake it up as fast as possible (make sure the lids on tight) for 20 seconds



Top Tips:

TIP 01

Too thick or thin? Experiment with more or less liquid!

TIP 02

Blend a scoop into your favourite smoothie.

TIP 03

Cook with PRO-TEEN®, check out our online recipes!

TIP 04

Use milk and ice for a super-chilled shake!

RATE YOUR SHAKE

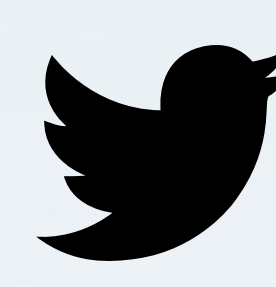
Show us your favourite PRO-TEEN® shake, smoothie or recipe!
Tag us on Facebook, Instagram or Twitter and we'll feature your photo!



fb.com/youthsportnutrition



instagram.com/teamysn_



twitter.com/teamysn_

#REFUELRIGHTFEELRIGHT