

Eat dessert for breakfast, lunch and dinner **Now you can have your mousse and eat it**

**NO SUGAR ADDED  
LOW CARB  
FAT FREE**

# Vitamin, probiotic and fibre enriched **WHEY PROTEIN MOUSSE**

**Ready in less than 5 minutes – simply add skim milk and mix**

**Become a gourmet cook in 5 minutes:** Serve on its own, or add chopped fruit, berries or nuts. For variety, substitute milk for yoghurt or coconut milk; or freeze for a frozen dessert. Use in trifle with SOLAL mueslis, sugar-free vegetarian jellies and sugar-free syrups.

**ALMOND, CARAMEL, CHOCOLATE, CUSTARD, STRAWBERRY and VANILLA**



**Per serving: • 9g protein • 3g fibre • 100% RDA of 12 vitamins  
• 2 billion cfu probiotics**

- **9g** of protein per half a cup serving: supplies 10% of an average adult's daily protein requirement
- **Calorie reduced:** only 71 Cal per serving (less than 4% of 2,000 Cal daily requirement)
- Made from highly purified **whey protein**, the most absorbable and effective protein source for health and performance
- Enriched with **vitamins** for health, **probiotics** for immune support and **fibre** for digestion
- Low glycaemic response: **no added sugar, aspartame, sodium cyclamate, acesulfame K or saccharine.**

**Protein** is a part of every cell in your body, and no other nutrient plays as many different roles in keeping you alive and healthy. The importance of protein for the **growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissues** has been proven time and time again. Without it, you would lack the **enzymes and hormones you need for metabolism, digestion and other important processes.** If you are injured or ill, you may need more protein to help your body repair and recover. People who exercise also need more protein to help repair and replace muscle tissue lost during exercise. And, when you have an infection, you need to consume more protein because it helps create the antibodies your immune system needs to fight disease.

**Whey Protein Mousse** is an excellent way to include the best source of protein into your diet, while being fat-free and low in carbohydrates. It is **ideal for people with a sweet tooth, but who are looking for a calorie reduced treat**, likewise for **athletes and children** who have higher daily protein requirements per kg body mass. **Excellent for vegetarians and the elderly who are often lacking high quality protein in their diets.**

**½ cup serving of Whey Protein Mousse supplies**

the same amount of protein (with none of the carbs and fat) as:

⅓ cup of cooked chickpeas/lentils/beans/quinoa or

3 egg whites or

¼ cup of cottage cheese or

⅓ chicken breast or

50g beef fillet

## DARE TO COMPARE:

Per ½ cup serving	SOLAL Whey Protein Mousse	Regular chocolate mousse
Calories (Cal)	71	263
Protein	9g	4.7g
Fat	less than 0.4g	15g
Carbohydrates	less than 7.6g	27.6g
Fibre	3.2g	1.8g
Added vitamins	yes	no
Added probiotics	yes	no

**Contains no gluten, tartrazine or preservatives.**

**SUITABLE FOR VEGETARIANS**

CHANGING HEALTH • CHANGING LIVES

The information presented above is the opinion of SOLAL Technologies.

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WHEY PROTEIN MOUSSE