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|  | FORM | F-SYS-52a |
| | Product specifications | Page 1 of 2 |

Last update: 15 februari 2010

1. General requirements

| | |
|--------------------|--|
| 1.1 Product name | Weight Gain 16% |
| 1.2 Article number | |
| 1.3 Description | Weight gainer with carbs and 16% protein |
| 1.4 Content | Whey protein concentrate, Dextrose, Maltodextrin, Aroma, Colouring, Xanthan gum, Aspartame and Acesulfam-K |
| 1.5 Label | |

2. Packaging

| | |
|-----------------|--------------------------|
| 2.1 Description | Bulk |
| 2.2 Overpack | Bulk bag or bags of 20kg |
| 2.3 Content | Bulk |

3. Physical Characteristics

| | |
|------------------|---------------------|
| 4.1 Colour | |
| 4.2 Odour | |
| 4.3 Consistency | Free flowing powder |
| 4.4 Netto weight | |
| 4.5 Sizes | |

5. Analysis (per 100 gram)

| | |
|------------------------|-----------------|
| 5.1 Carbohydrates | 75 |
| 5.2 As | |
| 5.3 Fibre | |
| 5.4 Protein | 16 |
| 5.5 Fat | 0,2 |
| 5.6 Energy [kJ kcal] | 1548KJ/ 372Kcal |
| 5.7 Dry matter | |
| 5.8 Moisture | 5,4 |

6. Microbiological standards (per 25 gram)

| | |
|-----------------------------|-----------------|
| 6.1 Clostridium perfringens | < 100.000 kve/g |
| 6.2 Bacillus cereus | < 100.000 kve/g |
| 6.3 Salmonella | Not detected |
| 6.4 Stahylococcus aureus | < 100.000 kve/g |

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| Author: ing. L.J.J. Hetterschijt (De Wandelende Coach - Kennemerland) | Authorisation: Mr. P. van Dijk (CD Sport International) |
| Version: 12 september 2005 | |
| Weight gainer 16% protein.docons | |

| 7. ALBA lijst | | | |
|-----------------------------|---|------------------------------|---|
| 1. Cow milkprotein | + | 19. Nut oil | - |
| 2. Lactose | + | 20. Peanut | - |
| 3. Egg | - | 21. Peanut oil | - |
| 4. Soya-protein | ? | 22. Sesame seed | - |
| 5. Soya-lecithin (oil) | + | 23. Sesame oil | - |
| 6. Gluten | - | 24. Glutamate | - |
| 7. Wheat | - | 25. Sulphite (E220 t/m E227) | - |
| 8. Rye | - | 28. | |
| 9. Beef | - | 29. | |
| 10. Pork | - | 30. | |
| 11. Chicken | - | 31. Coriander | - |
| 12. Fish | - | 32. Celery | - |
| 13. Crustacea and shellfish | - | 33. Caramel | - |
| 14. Corn | + | 34. Carrot | - |
| 15. Cocoa | + | 35. Lupines | - |
| 16. | | 36. Musterd | - |
| 17. Legume | - | | |
| 18. Nuts | - | | |

Allergy information according to the Alba guidelines.

+ The product contains the substance (as ingredient) or may contain the substance (carry-over).

- The product does not contain the substance (according to recipe).

? There is not enough information to mark the substance with a + or -, or the product may contain only traces of the substance.

Expressed per 100 grams product, as is.

| 8. Amino Acid Profile | | | |
|------------------------------|-----------|----------------|----------|
| Alanine | 5.0 gram | Lysine* | 9.6 gram |
| Arginine | 2.1 gram | Methionine* | 2.2 gram |
| Aspartic Acid | 11 gram | Phenylalanine* | 3.0 gram |
| Cysteine | 2.2 gram | Proline | 5.5 gram |
| Glutamic Acid | 18.1 gram | Serine | 4.6 gram |
| Glycine | 1.4 gram | Threonine* | 6.7 gram |
| Histidine* | 1.7 gram | Tryptophan* | 1.4 gram |
| Isoleucine* | 6.4 gram | Tyrosine | 2.6 gram |
| Leucine* | 10.6 gram | Valine* | 5.9 gram |
| * = Essential Amino Acid | | | |

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