

+ **UNDENATURED**

+ **GRASSFED**

+ **STONE MILLED ORGANIC OATS**

+ **VIRTUALLY LACTOSE FREE**

THE ULTIMATE MEAL REPLACEMENT

Two of the highest performing and most dependable foods known to man come to you in Titan Native Whey and Oats. Built on a foundation of Titan's famous Native True Whey Protein and combined with nature's super carb, oats, you're nutritionally on-track to greatness.

ORGANIC NON-GMO STONE MILLED OATS

This is not just an ordinary oats. It's non-GMO, whole organic oats, stone-ground the traditional way. This natural method maintains low nano-pass temperatures without the thermo-gain impact of steel-roller milling and mechanical pulverizing. This means that the micro nutrients and glycosides incipient in the oats remain unaltered throughout the process.

AMAZING TASTE



SOY FREE



GLUTEN FREE



NON GMO



HORMONE FREE



NO ADDED SUGAR

1kg

20 SERVINGS

CORE SERIES

NATIVE WWOATS

100% GRASS FED WHEY PROTEIN & ORGANIC STONE MILLED OATS



CHOCOLATE MALT

TYPICAL NUTRITIONAL INFORMATION

Serving size: ±2 heaped scoops (50g)

	PER 100g	PER 50g	%NRV
ENERGY	1565kj	782.5kj	8.9%
PROTEIN	44g	22g	39.2%
CARBOHYDRATES OF WHICH TOTAL LACTOSE ADDED SUGARS	36g 3.25g 0g	18g 1.625g 0g	
TOTAL FAT OF WHICH SATURATED CHOLESTEROL	6g 3g 255mg	3g 1.5g 127.5mg	
TOTAL FIBER	2.7g	1.35g	
TOTAL SODIUM	422mg	211mg	
POTASSIUM	340mg	170mg	
CALCIUM	160g	80g	
MAGNESIUM	185mg	92.5mg	
VITAMIN D	0g	0g	

NRV values for individuals 4 years and older.

AMINO ACID PROFILE (grams/ 100g powder)

ALANINE	2.7	LYSINE**	5.2
ARGININE	2.0	METHIONINE**	1.25
ASPARTIC ACID	6.1	PHENYLALANINE**	2.2
CYSTINE/CYSTEINE	1.4	PROLINE	2.8
GLUTAMINE/GLUTAMIC		SERINE	2.5
ACID	10.2	THREONINE**	2.7
GLYCINE	1.2	TRYPTOPHAN**	1.0
HISTIDINE**	1.29	TYROSINE	1.95
ISOLEUCINE**^	2.9	VALINE**^	2.8
LEUCINE**^	6.4		

**Essential Amino Acids (EAAs)
^Branched Chain Amino Acids (BCAAs)

DIRECTIONS

Mix 2 heaped scoops (± 50gr) with 250ml of cold water or milk and shake or blend.

INGREDIENTS

TITAN NATIVE WHEY CONCENTRATE, STONE MILLED ORGANIC OATS, ORGANIC DEFATTED COCOA POWDER (DUTCH PROCESS), ORGANIC HIMALAYAN PINK SALT, SUCRALOSE, NON GMO SUNFLOWER LECITHIN

Always consult a medical doctor before starting any diet or exercise program. Refer to "Directions" for optimal use. Titan Nutrition Native Woats may be safely combined with other products. Nutritional supplements should be used in conjunction with a balanced diet. Only purchase sealed containers. STORE IN A COOL DRY PLACE, KEEP OUT OF REACH OF CHILDREN. REPLACE THE LID AFTER USE.



The Titan Nutrition philosophy is to make sure that every person using its advanced products enjoy an unbeatable advantage in both nutritive value and taste. Guaranteeing that this happens is Titan's unique Cold Fold Technology: a dry-blending process that maintains all ingredients at a consistent low temperature. As a result, the proteins and other components remain completely undenatured, unaltered and 100% bio available. This marks a radical departure from traditional processes, making for a product of superior nutritional and flavour quality.

CONTAINS NO BANNED SUBSTANCES

All ingredients conform to the WADA/IOC Anti-Doping Codes Memoranda 1037 and 1032 (as amended) (and member bodies).



Titan Nutrition



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ALLERGEN STATEMENT

This product is manufactured in a facility that processes milk.

MANUFACTURED BY

TITAN NUTRITION SOUTH AFRICA
THE ONE / THE ONLY / THE ORIGINAL
www.titanworld.co.za



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