

# LA FORCE®

## Nutritive supplement

LA FORCE® is a vanilla tasting food supplement in powder form which could be mixed to your preferred cold or hot beverage for a delicious energizing and easy to digest drink.

LA FORCE® has been developed for athletes, physically active, tired or on convalescence people or to skip a meal, occasionally.

LA FORCE® is made of 18 amino acids from hydrolysed milk casein (25gr of protein per 100gr of powder), fructose, vitamins, minerals, maltodextrin and glucosamine (healthy joints).

LA FORCE® is the perfect complement to a diet lacking proteins, vitamins and minerals. It does not irritate the digestive system.

To prepare : Mix 3 tablespoons of LA FORCE® (approximately 50gr of powder) in 150-200mL of your favourite beverage (water, milk, fruit juice ...etc.). Mix well, preferably with a mixer. For more consistency, add fruits (banana, strawberry, blueberry ...etc.) or yogurt to your shake.

