



Keiner macht mich mehr an.

Material number 11037680
Specification [Ch.] 000000217278 [500000356993]

Product name High Protein CREATINE White Choc Flavour Pudding

Legal name

GB Protein dessert with white chocolate flavour and creatine. With sweeteners.
ES Postre lácteo de proteína con sabor a chocolate blanco y creatina. Con edulcorantes.
FI Valkosuklaanmakuinen proteiinivanukas kreatiinilla. Sisältää makeutusaineita.
FR Pudding protéiné au goût de chocolat blanc avec de la créatine. Avec édulcorants.
NL Proteïne pudding met witte chocoladesmaak en creatine. Met zoetstoffen.
PT Sobremesa láctea cremosa proteína com sabor de chocolate branco e creatina. Contém edulcorantes.
SE Proteinpudding med smak av vit choklad med kreatin. Innehåller sötningsmedel.

Ingredients

EN

Ingredients: skimmed MILK, MILK protein 6,5%, whipping CREAM, modified starch, creatine monohydrate 0,75%, thickeners (carrageenan, E 466), flavouring, lactase, sweeteners (sucralose, acesulfame K).

ES

Ingredientes: LECHE desnatada pasteurizada, proteínas de la LECHE 6,5%, NATA, almidón modificado, monohidrato de creatina 0,75%, espesantes (carragenanos, E 466), aroma, lactasa, edulcorantes (sucralosa, acesulfamo K).

FI

Ainesosat: pastöroitu rasvaton MAITO, MAITOPROTEIINIT 6,5%, KERMA, muunnettu tärkkelys, kreatiinimonohydraatti 0,75%, sakeuttamisaineet (E 407, E 466), aromi, laktaasientsyymi, makeutusaineet (E 955, E 950).

FR

Ingrédients: LAIT écrémé, protéine du LAIT 6,5%, CRÈME, amidon modifié, monohydrate de créatine 0,75%, épaississants (carraghénanes, gomme cellulosique), arôme, lactase, édulcorants (sucralose, acésulfame-K).

NL

Ingrediënten: magere MELK, MELKEIWITTEN 6,5%, ROOM, gemodificeerd zetmeel, creatine monohydraat 0,75%, verdikkingsmiddelen (carrageen, E 466), aroma, lactase, zoetstoffen (sucralose, acesulfaam-K).

PT

Ingredientes: LEITE magro pasteurizado, proteínas do LEITE 6,5%, NATAS, amido modificado, monohidrato de creatina 0,75%, espessantes (carragenina, E 466), aroma, lactase, edulcorantes (sucralose, acessulfame K).



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Ingredients

SE

Ingredienser: pastöriserad SKUMMJÖLK, MJÖLKPROTEINER 6,5%, GRÄDDE, modifierad stärkelse, kreatinmonohydrat 0,75%, förtjockningsmedel (E 407, E 466), arom, laktasenzym, sötningsmedel (E 955, E 950).

EN Contains naturally occurring sugars.

ES Contiene azúcares naturalmente presentes.

FI Sisältää luontaisesti sokereita.

FR Contient des sucres naturellement présents.

NL Dit product bevat van nature aanwezige suikers.

PT Contém açúcares naturalmente presentes.

SE Innehåller naturligt förekommande socker.

Packaging unit

Packaging unit 230g e cup

Portions 1

Nutritional values per / Valores medios por / Ravintosisältö / Informations nutritionnelles pour / Voedingswaarden per / Valores energéticos e nutricionais médios por / Näringsinnehåll	Unit	per 100g	Values/ Portion	%NRV portion
Energy /Valor energético /Energia /Énergie /Energie /Energia /Energi	kJ	319		
Energy /Valor energético /Energia /Énergie /Energie /Energia /Energi	kcal	76		
Fat /Grasas /Rasva /Matières grasses /Vetten /Lípidos /Fett	g	2,1		
of which saturates /de las cuales saturadas /josta tyydyttynyttä /dont acides gras saturés /waarvan verzadigde vetzuren /dos quais saturados /varav mättat fett	g	1,4		
Carbohydrates /Hidratos de carbono /Hiilihydraatit /Glucides /Koolhydraten /Hidratos de carbono /Kolhydrat	g	5,5		
of which sugars /de los cuales azúcares /josta sokereita /dont sucres /waarvan suikers /dos quais açúcares /varav sockerarter	g	4,0		
Protein /Proteínas /Proteiini /Protéines /Eiwitten /Proteínas /Protein	g	8,7		
Salt /Sal /Suola /Sel /Zout /Sal /Salt	g	0,20		

	per/ por/ pour 100g	per/ por/ pour 230g
Creatine/ Creatina/ Kreatiini/ Créatine /Kreatin	0,65g	1,5g

Information storage and shelf life

26.08.2025

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EN Needs no refrigeration. Best before: see lid.
ES Conservar entre +4°C y +25°C. Consumir preferentemente antes del: ver tapa.
FI Säilytys: Avaamattomana huoneenlämmössä. Parasta ennen: katso kansi.
FR Conserver à température ambiante. Non ouvert, à consommer de préférence avant le: voir couvercle.
NL Ongeopend buiten de koeling houdbaar. Ten minste houdbaar tot: zie deksel.
PT Conservar entre +4°C e +25°C. Consumir de preferência antes de: ver tampa.
SE Öppnad i rumstemperatur. Bäst före: se locket.
EN Best eaten chilled.
ES Sabe mejor cuando está frío.
FI Suosittelemme tuotteen viilentämistä jääkaapissa ennen sen nauttimista.
FR Savourez bien frais.
NL Voor de allerbeste smaak adviseren wij het product eerst te koelen.
PT Melhor consumir frio.
SE Vi rekommenderar att produkten konsumeras kyld.

Claims

EN no added sugar
EN 20g Protein*
EN *per cup
ES *por copa
FI *per purkki
FR *par tasse
NL *per beker
PT *por copo
SE *per förpackning
EN gluten-free
EN lactose free**
EN **lactose <0,01g/100g
ES **lactosa <0,01g/100g
FI **laktoosia <0,01g/100g
FR **lactose <0,01g/100g
NL **lactose <0,01g/100g
PT **lactose <0,01g/100g
SE **laktos <0,01g/100g
EN www.ehrmann.com
EN low fat
EN CREATE YOUR BEST SELF
EN Treat yourself to an extra portion of creatine! Learn more: QR-Code Creavitalis®
EN 1,5g CREATINE*
EN Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Germany.
ES Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Alemania.
FI Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Saksa.
FR Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Allemagne.
NL Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Duitsland.
PT Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Alemanha.
SE Ehrmann GmbH, A.-Ehrmann-Str. 2, 87770 Oberschöneck, Tyskland.



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EN Manufactured for Ehrmann UK Ltd, Greymare Farm, Lostwithiel, Cornwall, United Kingdom PL22 0LW.

Use and safety instruction

EN Please remove lid and foil before disposal.

<u>Ingredients with allergic potential (EU 1169/2011)</u>	yes	no	Cross c.
Milk and products thereof (including lactose)	X		
Lactose		X	
Milk protein	X		
Cereals containing gluten and products thereof		X	
Crustaceans and products thereof		X	
Eggs and products thereof		X	
Fish and products thereof		X	
Peanuts and products thereof		X	
Soybeans and products thereof		X	
Nuts and products thereof		X	
Celery and products thereof		X	
Mustard and products thereof		X	
Sesame seeds and products thereof		X	
Sulfur dioxide / sulfites (>10 mg/kg or 10 ml/l SO ₂)		X	
Lupine and products thereof		X	
Molluscs and products thereof		X	

Microbiological parameters

Total bacteria count	< 100	cfu/g
Yeast and Mold	< 10	cfu/g
Coagulase-positive staphylococcus	< 10	cfu/g
Coliforms	< 10	cfu/g
Listeria monocytogenes	n.d.	in 25 g
Salmonella	n.d.	in 25 g



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Sensors

Appearance	typical
Smell	typical
Taste	white chocolate
Consistence	creamy

Food law declaration

We certify that our products are in compliance with the EU food law as long as they have not been opened and treated properly.

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