



NUTRIYUMMY[®]

HEALTHY FOOD SNACKS AND SUPPLEMENTS

**SUPPLEMENTS & FOOD
CATALOGUE 2024**



WHEY PRO

WHEY PROtein CONCENTRATE
FOOD SUPPLEMENT

22,8G PROTEIN | 9 EAAS | MUSCLE MASS

VANILLA
FLAVOR

NET. WT 2 KG 66 SERVINGS

WHEY PRO

WHEY PROtein CONCENTRATE
FOOD SUPPLEMENT

22,8G PROTEIN | 9 EAAS | MUSCLE MASS

CHOCOLATE
FLAVOR

NET. WT 2 KG 66 SERVINGS

WHEY PRO

WHEY PROtein CONCENTRATE
FOOD SUPPLEMENT

22,8G PROTEIN | 9 EAAS | MUSCLE MASS

STRAWBERRY
FLAVOR

NET. WT 2 KG 66 SERVINGS

WHEY PRO

WHEY PROTEIN CONCENTRATE
CHOCOLATE/STRAWBERRY/VANILLA

Nutrition Facts / Διατροφική Δήλωση			
Serving size: 1 scoop (30g) / Ποσότητα μερίδας: 1 μεζούρα (30g) Servings per container: 66 / Μερίδες ανά συσκευασία: 66	100 g	30 g	%RI* per portions (30g)/ %ΠΠΑ* ανα μερίδα
Energy / Ενέργεια	1554 kJ 371 Kcal	466 kJ 111 kcal	6
Fat / Λιπαρά	4,92 g	1,48 g	2
Of which saturated fatty acids / Εκ των οποίων κορεσμένα λιπαρά οξέα	2,48 g	0,74 g	4
Carbohydrates / Υδατάνθρακες	5,71 g	1,71 g	<1
Of which sugars / Εκ των οποίων σάκχαρα	5,55 g	1,67 g	2
Protein / Πρωτεΐνες	76,01 g	22,8 g	46
Salt / Αλάτι	0,50 g	0,15 g	3

Nutriyummy's WHEY PRO is a 96% whey protein concentrate, with a high content of BCAAs that play an important role in muscle growth and regeneration of muscle tissue strained after exercise. Whey protein stimulates anabolic metabolism (It is a supplement with increased leucine content, which increases muscle protein synthesis and maintenance of muscle mass, muscle regeneration as well as the conversion of glucose to glycogen when the body has no reserves after exercise. It is a high-quality protein that contributes to both building and maintaining muscle.

Active ingredients / Δραστικά συστατικά		100g	30 g (1 portion / μερίδα)
BCAAs	Valine / Βαλίνη	4,38 g	1,31 g
	Isoleucine / Ισολευκίνη	4,48 g	1,34 g
	Leucine / Λευκίνη	8,02 g	2,41 g
EAAs	Methionine / Μεθειονίνη	1,60 g	0,48 g
	Threonine / Θρεονίνη	6,12 g	5,34 g
	Phenylalanine / Φαινυλαλανίνη	2,47 g	0,74 g
	Lysine / Λυσίνη	7,11 g	2,13 g
	Tryptophan / Τρυπτοφάνη	1,04 g	0,31 g
	Asparagine / Ασπαραγίνη	6,94 g	2,08 g
	Serine / Σερίνη	4,04 g	1,21 g
	Glutamine / Γλουταμίνη	11,12 g	3,34 g
	Proline / Προλίνη	4,61 g	1,38 g
	Glycine / Γλυκίνη	1,44 g	0,43 g
Alanine / Αλανίνη	3,77 g	1,13 g	
Cysteine / Κυστεΐνη	1,44 g	0,43 g	
Tyrosine / Τυροσίνη	2,36 g	0,71 g	
Histidine / Ιστιδίνη	1,45 g	0,44 g	
Arginine / Αργινίνη	1,92 g	0,57 g	



ISO PRO

WHEY PROTEIN ISOLATE CHOCOLATE/STRAWBERRY/VANILLA

Nutrition Facts / Διατροφική Δήλωση			
Serving size: 1 scoop (30g) / Ποσότητα μερίδας: 1 μεζούρα (30g) Servings per container: 66 / Μερίδες ανά συσκευασία: 66	100 g	30 g	%RI* per portions (30g)/ %ΠΠΑ* ανά μερίδα
Energy / Ενέργεια	1527 kJ 365 Kcal	458 kJ 109 kcal	5
Fat / Λιπαρά	1,16 g	0,35 g	<1
Of which saturated fatty acids / Εκ των οποίων κορεσμένα λιπαρά οξέα	0,29 g	0,09 g	<1
Carbohydrates / Υδατάνθρακες	0,57 g	0,17 g	<1
Of which sugars / Εκ των οποίων σάκχαρα	0,4 g	0,12 g	<1
Protein / Πρωτεΐνες	88 g	26,4 g	53
Salt / Αλάτι	0,50 g	0,15 g	3

Nutriyummy ISO PRO contains high quality and nutritional value whey protein isolate, which consists the purest form of whey. ISO PRO has a high protein content, in order to promote protein synthesis, muscle growth and strength, energy production, better nutrient absorption and muscle recovery! After processing with modern technological equipment, the isolated whey protein is low in lactose, fat and carbohydrates. It has a high content of glutamine and leucine, amino acids including essential amino acids (BCAA), people who do intense training and want to maintain or increase their muscle mass. Nutriyummy ISO PRO helps with muscle retention, athletic performance, recovery and lean muscle building due to its excellent amino acid profile. The excellent formula of ISO PRO makes it also suitable for baking.

Active ingredients / Δραστικά συστατικά		100g	30 g (1 portion / μερίδα)
BCAAs	Valine / Βαλίνη	4,94 g	1,48 g
	Isoleucine / Ισολευκίνη	5,44 g	2,59 g
	Leucine / Λευκίνη	8,64 g	2,41 g
EAAs	Methionine / Μεθειονίνη	1,86 g	0,56 g
	Threonine / Θρεονίνη	6,12 g	1,84 g
	Phenylalanine / Φαινυλαλανίνη	2,77 g	0,83 g
	Lysine / Λυσίνη	8,08 g	2,42 g
	Tryptophan / Τρυπτοφάνη	1,14 g	0,34 g
	Asparagine / Ασπαραγίνη	7,44 g	2,23 g
	Serine / Σερίνη	4,26 g	1,26 g
	Glutamine / Γλουταμίνη	12,20 g	3,66 g
	Proline / Προλίνη	5,27 g	1,58 g
	Glycine / Γλυκίνη	1,47 g	0,44 g
Alanine / Αλανίνη	4,10 g	1,23 g	
Cysteine / Κυστεΐνη	1,78 g	0,53 g	
Tyrosine / Τυροσίνη	2,51 g	0,75 g	
Histidine / Ιστιδίνη	1,52 g	0,46 g	
Arginine / Αργινίνη	1,76 g	0,53 g	



ISOMAX

WHEY PROTEIN ISOLATE

CHOCOLATE

NutriYummy IsoMax 1kg stands out for its superior quality and nutritional value, offering significant health and fitness benefits. Its main differentiating property is its content of whey protein isolate, a high-quality protein source that is widely recognized for its excellent absorption by the body. This allows for the effective promotion of protein synthesis, which is critical for muscle growth, strength and post-exercise recovery. Finally, this combined approach to muscle nutrition and recovery, together with the rest of the product's advantages, such as the low fat content and the absence of added sugars, makes NutriYummy IsoMax 1kg unique in its category.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 30 g serving / Ανά μερίδα 30 γρ.	%RI* per portion 30 g / %ΠΠΑ* ανά μερίδα 30 g
Energy / Ενέργεια	1558 kJ / 373 kcal	468 kJ / 112 kcal	6
Fat / Λιπαρά	3,5 g	1,0 g	1
Of which saturated / εκ των οποίων κορεσμένα	2,1 g	0,6 g	3
Carbohydrates / Υδατάνθρακες	3,5 g	1,0 g	<1
Of which sugars / εκ των οποίων σάκχαρα	2,9 g	0,8 g	1
Protein / Πρωτεΐνες	6,5 g	24,1 g	48
Salt / Αλάτι	0,20 g	0,05 g	<1

CHOCOLATE PEANUT

NutriYummy IsoMax Snickers 1kg stands out for its superior quality and nutritional value, offering significant health and fitness benefits. Its main differentiating property is its content of whey protein isolate, a high-quality protein source that is widely recognized for its excellent absorption by the body. This allows for the effective promotion of protein synthesis, which is critical for muscle growth, strength and post-exercise recovery. Finally, this combined approach to muscle nutrition and recovery, together with the rest of the product's advantages, such as the low fat content and the absence of added sugars, makes NutriYummy IsoMax Snickers 1kg unique in its category.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 30 g serving / Ανά μερίδα 30 γρ.	%RI* per portion 30 g / %ΠΠΑ* ανά μερίδα 30 g
Energy / Ενέργεια	1558 kJ / 372 kcal	467 kJ / 112 kcal	6
Fat / Λιπαρά	3,5 g	1,0 g	1
Of which saturated / εκ των οποίων κορεσμένα	2,1 g	0,6 g	3
Carbohydrates / Υδατάνθρακες	3,8 g	1,1 g	<1
Of which sugars / εκ των οποίων σάκχαρα	3,3 g	1,0 g	1
Protein / Πρωτεΐνες	80,3 g	24,1 g	48
Salt / Αλάτι	0,20 g	0,05 g	<1

VANILLA ICE-CREAM

NutriYummy IsoMax Vanilla Ice-cream 1kg stands out for its superior quality and nutritional value, offering significant health and fitness benefits. Its main differentiating property is its content of whey protein isolate, a high-quality protein source that is widely recognized for its excellent absorption by the body. This allows for the effective promotion of protein synthesis, which is critical for muscle growth, strength and post-exercise recovery. Finally, this combined approach to muscle nutrition and recovery, together with the rest of the product's advantages, such as the low fat content and the absence of added sugars, makes NutriYummy IsoMax Vanilla 1kg unique in its category.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 30 g serving / Ανά μερίδα 30 γρ.	%RI* per portion 30 g / %ΠΠΑ* ανά μερίδα 30 g
Energy / Ενέργεια	1578 kJ / 378 kcal	474 kJ / 113 kcal	6
Fat / Λιπαρά	3,1 g	0,9 g	1
Of which saturated / εκ των οποίων κορεσμένα	1,9 g	0,5 g	3
Carbohydrates / Υδατάνθρακες	4,1 g	1,2 g	<1
Of which sugars / εκ των οποίων σάκχαρα	3,2 g	0,9 g	1
Protein / Πρωτεΐνες	83,1 g	24,1 g	50
Salt / Αλάτι	0,20 g	0,06 g	1



ISOMAX

WHEY PROTEIN ISOLATE

CHOCOLATE

NutriYummy IsoMax 1kg stands out for its superior quality and nutritional value, offering significant health and fitness benefits. Its main differentiating property is its content of whey protein isolate, a high-quality protein source that is widely recognized for its excellent absorption by the body. This allows for the effective promotion of protein synthesis, which is critical for muscle growth, strength and post-exercise recovery. Finally, this combined approach to muscle nutrition and recovery, together with the rest of the product's advantages, such as the low fat content and the absence of added sugars, makes NutriYummy IsoMax 1kg unique in its category.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 30 g serving / Ανά μερίδα 30 γρ.	%RI* per portion 30 g / %ΠΠΑ* ανά μερίδα 30 g
Energy / Ενέργεια	1558 kJ / 373 kcal	468 kJ / 112 kcal	6
Fat / Λιπαρά	3,5 g	1,0 g	1
Of which saturated / εκ των οποίων κορεσμένα	2,1 g	0,6 g	3
Carbohydrates / Υδατάνθρακες	3,5 g	1,0 g	<1
Of which sugars / εκ των οποίων σάκχαρα	2,9 g	0,8 g	1
Protein / Πρωτεΐνες	6,5 g	24,1 g	48
Salt / Αλάτι	0,20 g	0,05 g	<1

CHOCOLATE PEANUT

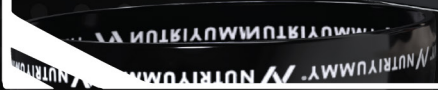
NutriYummy IsoMax Snickers 1kg stands out for its superior quality and nutritional value, offering significant health and fitness benefits. Its main differentiating property is its content of whey protein isolate, a high-quality protein source that is widely recognized for its excellent absorption by the body. This allows for the effective promotion of protein synthesis, which is critical for muscle growth, strength and post-exercise recovery. Finally, this combined approach to muscle nutrition and recovery, together with the rest of the product's advantages, such as the low fat content and the absence of added sugars, makes NutriYummy IsoMax Snickers 1kg unique in its category.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 30 g serving / Ανά μερίδα 30 γρ.	%RI* per portion 30 g / %ΠΠΑ* ανά μερίδα 30 g
Energy / Ενέργεια	1558 kJ / 372 kcal	467 kJ / 112 kcal	6
Fat / Λιπαρά	3,5 g	1,0 g	1
Of which saturated / εκ των οποίων κορεσμένα	2,1 g	0,6 g	3
Carbohydrates / Υδατάνθρακες	3,8 g	1,1 g	<1
Of which sugars / εκ των οποίων σάκχαρα	3,3 g	1,0 g	1
Protein / Πρωτεΐνες	80,3 g	24,1 g	48
Salt / Αλάτι	0,20 g	0,05 g	<1

VANILLA ICE-CREAM

NutriYummy IsoMax Vanilla Ice-cream 1kg stands out for its superior quality and nutritional value, offering significant health and fitness benefits. Its main differentiating property is its content of whey protein isolate, a high-quality protein source that is widely recognized for its excellent absorption by the body. This allows for the effective promotion of protein synthesis, which is critical for muscle growth, strength and post-exercise recovery. Finally, this combined approach to muscle nutrition and recovery, together with the rest of the product's advantages, such as the low fat content and the absence of added sugars, makes NutriYummy IsoMax Vanilla 1kg unique in its category.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 30 g serving / Ανά μερίδα 30 γρ.	%RI* per portion 30 g / %ΠΠΑ* ανά μερίδα 30 g
Energy / Ενέργεια	1578 kJ / 378 kcal	474 kJ / 113 kcal	6
Fat / Λιπαρά	3,1 g	0,9 g	1
Of which saturated / εκ των οποίων κορεσμένα	1,9 g	0,5 g	3
Carbohydrates / Υδατάνθρακες	4,1 g	1,2 g	<1
Of which sugars / εκ των οποίων σάκχαρα	3,2 g	0,9 g	1
Protein / Πρωτεΐνες	83,1 g	24,1 g	50
Salt / Αλάτι	0,20 g	0,06 g	1



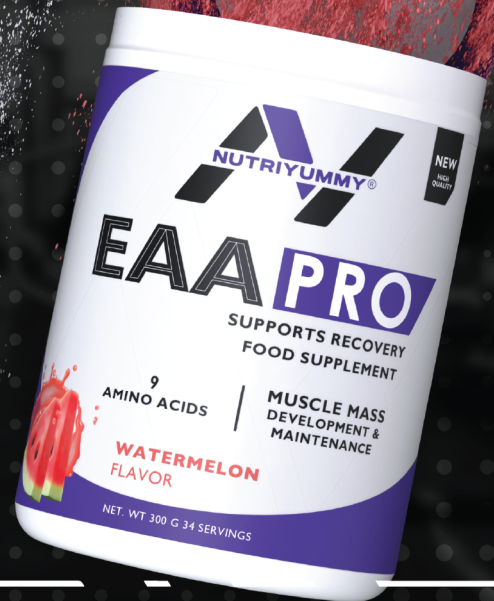
HYDRO 88

HYDRO WHEY PROTEIN CHOCOLATE

Nutrition Facts / Διατροφική Δήλωση			
Serving size: 1 scoop (25g) / Ποσότητα μερίδας: 1 μεζούρα (25g)			
Servings per container: 80 / Μερίδες ανά συσκευασία: 80			
	100 g	25 g	%RI* per portions (25g) / %ΠΠΑ* ανα μερίδα
Energy / Ενέργεια	1,628 kJ	407 kJ	5%
	384 Kcal	96 kcal	
Fat / Λιπαρά	2,5 g	0,48 g	<1%
Of which saturated fatty acids / Εκ των οποίων κορεσμένα λιπαρά οξέα	1,27 g	0,32 g	2%
Carbohydrates / Υδατάνθρακες	3,57 g	0,89 g	0%
Of which sugars / Εκ των οποίων σάκχαρα	1,25 g	0,31 g	0%
Protein / Πρωτεΐνες	88 g	22 g	44%
Salt / Αλάτι	0,62 g	0,15 g	2%
Active Ingredients/ Δραστικά Συστατικά			
L-Glutamine / L-Γλουταμίνη	2 g	500 mg	-
BCAAs	2 g	500 mg	-
L-Leucine / L-Λευκίνη	1 g	250 mg	-
L-Isoleucine / L-Ισολευκίνη	0,5 g	125 mg	-
L-Valine / L-Βαλίνη	0,5 g	125 mg	-
L-Arginine / L-Αργινίνη	2 g	500 mg	-
Inulin / Ινουλίνη	30 mg	7,5 mg	-
Lactase Enzyme / Ενζύμο λακτάσης	20 mg	5 mg	-

In the world of health and fitness, finding a high-quality protein supplement that delivers on taste, effectiveness, and versatility can be a challenge. That's where NUTRIYUMMY® HYDRO PROTEIN CHOCOLATE 2KG comes into play. This exceptional product has been meticulously crafted to cater to the needs of athletes, fitness enthusiasts, and anyone looking to enhance their protein intake while indulging in a delightful chocolate flavor. Who said nutrition had to be boring? NUTRIYUMMY® HYDRO PROTEIN CHOCOLATE 2KG boasts a rich and indulgent chocolate flavor that will make your taste buds sing with joy. Say goodbye to bland, chalky protein shakes, and welcome a delightful treat that you'll look forward to after every workout.

Typical Amino Acid Profile/ Τυπικό Προφίλ Αμινοξέων			Amino Acid Content per 100g Protein/ Περιεκτικότητα Αμινοξέων ανά 100g Πρωτεΐνης			
BCAAs	L-Valine / L-Βαλίνη		4,04 g			
	L-Isoleucine / L-Ισολευκίνη		4,28 g			
	L-Leucine / L-Λευκίνη		7,11 g			
	L-Methionine / L-Μεθειονίνη		1,18 g			
	L-Threonine / L-Θρεονίνη		3,69 g			
	EAAs	L-Phenylalanine / L-Φαινυλαλανίνη		2,43 g		
		L-Lysine / L-Λυσίνη		5,25 g		
		L-Tryptophan / L-Τρυπτοφάνη		0,96 g		
		L-Aspartic Acid / L-Ασπαρτικό Οξύ		7,42 g		
		L-Serine / L-Σερίνη		3,31 g		
L-Glutamic Acid / L-Γλουταμικό Οξύ			13,74 g			
L-Proline / L-Προλίνη		3,64 g				
Glycine / Γλυκίνη		30 g				
L-Alanine / L-Αλανίνη		3 g				
L-Cysteine / L-Κυστεΐνη		1,33 g				
L-Tyrosine / L-Τυροσίνη		1,99 g				
L-Histidine / L-Ιστιδίνη		1,24 g				
L-Arginine / L-Αργινίνη		5,23 g				



EAA PRO

SUPPORTS RECOVERY
ORANGE/WATERMELON

Nutriyumy EAA PRO 300g is a complete spectrum of naturally extracted essential amino acids, so you can fuel muscle protein synthesis allowing for increased performance, recovery and growth. Contains all the essential amino acids (EAAs) such as histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine and is ideal for athletes and trainees. It is the most suitable supplement for athletes or those who deal with their physical condition. Essential amino acids are the building blocks of protein and therefore contribute to the development of muscle mass. EAA are amino acids that the body cannot synthesize, for this reason it is recommended to take them exogenously, especially when the demand is high.

GLUTA PRO

100% PURE GLUTAMINE POWDER

Nutriyumy® Glutapro is a supplement based on pure glutamine powder. Glutamine belongs to the category of essential amino acids for the body and has a high concentration in muscle tissue. It emerges as essential for the functioning nervous system, playing a key role in the digestion and absorption of food. In addition, it is an important intermediate for the efficient functions of the kidneys and liver.

Nutrition Facts / Διατροφική Δήλωση

Serving size / Ποσότητα μερίδας: 1 scoop (8,6g) / 1 μεζούρα (8,6g)
Servings per container / Μεριδες ανά συσκευασία: 34

Active ingredients / Δραστικά συστατικά	100g	8,6 g (portion / 1 μερίδα)
BCAAs		
L-Leucine / L-Λευκίνη	29,86 g	2567 mg
L-Valine / L-Βαλίνη	13,14 g	1130 mg
L-Isoleucine / L-Ισολευκίνη	5,37 g	461 mg
EAAs		
L-Lysine / L-Λυσίνη	13,14 g	1130 mg
L-Phenylalanine / L-Φαινυλαλανίνη	10,75 g	924 mg
L-Threonine / L-Θρεονίνη	8,96 g	770 mg
L-Histidine / L-Ιστιδίνη	4,18 g	359 mg
L-Methionine / L-Μεθειονίνη	2,98 g	256 mg
L-Tryptophan / L-Τρυπτοφάνη	1,19 g	102 mg

Nutrition Facts / Διατροφική Δήλωση

Per 100 g / Ανά 100 g

Per 5 g serving / Ανά μερίδα 5 g

RI per 5 g *ΠΠΑ ανά 5 g

Energy / Ενέργεια

1300 kJ / 300 kcal

65 kJ / 15 kcal

<1%

Active ingredients / Δραστικά συστατικά

Per 1 serving (5 g) / Ανά 1 μερίδα (5 g)

Glutamine / Γλουταμίνη

5000 mg



MULTIPRO & MINERALS

Multivitamins and minerals is a complex of vitamins and minerals for daily use. These tablets offer you a mixture of 13 vitamins and 12 minerals. Specifically, vitamin B12 which is included, supports metabolism, the immune system and the nervous system.

VITAMIN C

IMMUNE SUPPORT* | DIETARY SUPPLEMENT | ENERGY**

NUTRIYUMMY VITAMIN C 60 GUMMIES will boost your immune system, will help reduce fatigue and tiredness of your everyday life! Now you can take your vitamin C in the amazing flavor of lemon! This supplement enhances the maintenance of the immune's system normal function during and after intense physical exercise. It contributes to the reduction of tiredness and fatigue and to the protection of cells from the oxidative stress! The jar contains 60 gummies.

Active ingredients/ Δραστικά συστατικά	Per 1 tablet (% of NRV*)
Vitamin A / Βιταμίνη Α	800 µg RE (100%)
Vitamin B1 / Βιταμίνη Β1	1.4 mg (127%)
Vitamin B2 / Βιταμίνη Β2	1.75 mg (125%)
Niacin / Νικοτινικό οξύ	20 mg NE (125%)
Pantothenic acid / Παντοθενικό οξύ	7.5 mg (125%)
Vitamin B6 / Βιταμίνη Β6	2 mg (142%)
Folic acid / Φολικό οξύ	200 µg (100%)
Biotin / Βιοτίνη	62.5 µg (125%)
Vitamin B12 / Βιταμίνη Β12	2.5 µg (100%)
Vitamin C / Βιταμίνη C	100 mg (125%)
Vitamin D / Βιταμίνη D	5 µg (100%)
Vitamin E / Βιταμίνη Ε	15 mg α-TE (125%)
Vitamin K1 / Βιταμίνη Κ1	30 µg (40%)
Calcium / Ασβέστιο	162 mg (20.2%)
Magnesium / Μαγνήσιο	100 mg (26.6%)
Iron / Σίδηρο	5 mg (35.7%)
Copper / Χαλκός	500 µg (50%)
Iodine / Ιώδιο	100 µg (66.6%)
Zinc / Ψευδάργυρος	5 mg (50%)
Manganese / Μαγγάνιο	2 mg (100%)
Selenium / Σελήνιο	30 µg (54.5%)
Chromium / Χρώμιο	40 µg (100%)
Molybdenum / Μολυβδαίνιο	50 µg (100%)
Phosphorus / Φώσφορος	125 mg (17.8%)
Lutein / Λουτεΐνη	0.5 mg (17.8%)

Nutrition Facts / Διατροφική Δήλωση 2 gummies (12 g) / 2 ζελεδάκια (12g)

L-ascorbic acid (Vitamin C) / L-ασκορβικό οξύ (Βιταμίνη C)	560 mg (700% NRV*) / 560 mg (700% ΔΤΑ)*
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OMEGA 3

FISH OIL 1000MG

Omega 3 is an essential fatty acid, that you need to get it from your diet as your body cannot produce it on its own. It is found in fish oil – but it is difficult to get enough only from your diet. EPA and DHA, which are included, contribute to the normal function of the heart. Antioxidant Vitamin E is also included.

Nutrition Facts / Διατροφική Δήλωση	Per softgel/ Ανά softgel	NRV / %ΔΤΑ *
OMEGA-3 / ΩΜΕΓΑ-3	300 mg	**
DHA	180 mg	**
EPA	120 mg	**
Vitamin E / Βιταμίνη Ε (DL-α-τοκοφερόλη)	5 mg	**



VITAMIN D3

IMMUNE SYSTEM | FOOD SUPPLEMENT

Vitamin D3 contributes to the maintenance of normal muscle function, to normal blood calcium levels, to normal absorption/ utilization of calcium and phosphorus. Vitamin D3 also contributes to the maintenance of normal bones, teeth and to the normal function of the immune system. It also has a role in the process of cell division.

Nutrition Facts / Διατροφική Δήλωση	Per softgel/ Ανά softgel	NRV / %ΔΤΑ *
Vitamin D3 (cholecalciferol) / Βιταμίνη D3 (χοληκαλσιφερόλη)	2000 IU (50 mcg)	1000%
Safflower oil / Καρβαμέλαιο	146 mg	**

ZMA

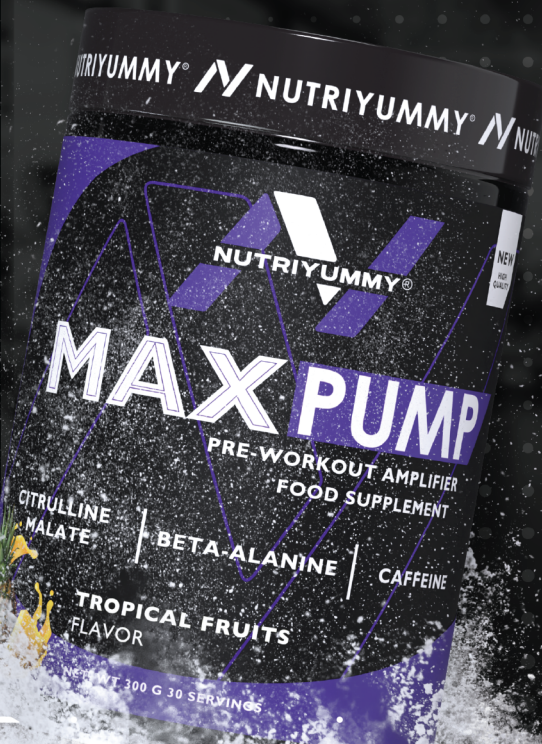
MAGNESIUM ZINC & B6
FOOD SUPPLEMENT

NutriYummy ZMA is a natural blend of Zinc and Magnesium designed to maximize nutrient absorption and facilitate faster and more comprehensive post-exercise recovery. Zinc plays a crucial role in cell growth, repair of muscle tissue, and immune system enhancement. Magnesium aids in reducing tiredness and fatigue, maintaining electrolyte balance, and supporting normal muscle and nervous system function. This unique combination ensures optimal performance and well-being for active individuals.

Active Ingredients/ Δραστικά συστατικά	Per daily dose 2 capsules (80 mg) / ανά ημερήσια δόση 2 κάψουλες (80 mg)
Vitamin B6 / Βιταμίνη Β6	4,8 mg (343% NRV/ΔΤΑ*)
Zinc / Ψευδάργυρος	5,9 mg (59% NRV*)
Magnesium / Μαγνήσιο	225,3 mg (60% NRV*)

MAXPUMP

PRE-WORKOUT AMPLIFIER
TROPICAL FRUITS



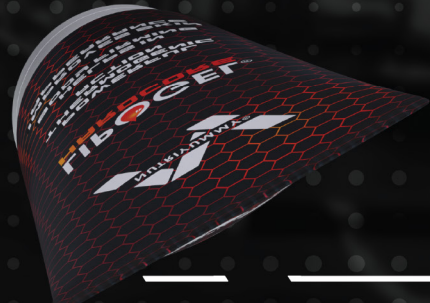
Nutriyummy MAXPUMP TROPICAL FRUIT is a nutritional supplement suitable for pre-workout, to promote endurance and strength during intense exercises. Nutriyummy MAXPUMP is a pre-workout stimulant, rich in ingredients to bring the right effect to the athlete. Contains citrulline malate, an amino acid produced in the body that improves athletic performance and weightlifting performance by increasing the amount of oxygen in muscle tissue. The citrulline malate contained in MAXPUMP PRE-WORKOUT is the most usable form of citrulline in the body, increasing the ability of muscle building, improving physical performance (with weights according to studies), recovery and strength.

Nutrition Facts / Διατροφική Δήλωση

Serving size / Ποσότητα μερίδας: 1 scoop (10g) / 1 μετρούρα (10g)
Servings per container/ Μερίδες ανά συσκευασία: 30

Active ingredients / Δραστικά συστατικά	10 g
Beta-alanine / Β-αλανίνη	2 g
Taurine / Ταυρίνη	2 g
Citrulline Malate 2:1 / Μηλική κιτροουλίνη 2:1	1 g
L-Arginine Alpha-Ketoglutarate / Άλφα-Κεταυλοταρική L-Αργινίνη	700 mg
L-Tyrosine / L-τυροσίνη	500 mg
Acetyl L-Carnitine / Ακετυλο L-καρνιτίνη	500 mg
Caffeine / Καφεΐνη	200 mg
Green Tea (standardized for 25% polyphenols) / Πράσινο τσάι (станταρισμένο για 25% πολυφαινόλες)	50 mg
Green Coffee Bean Extract (standardized for 45% polyphenols) / Εκχύλισμα κόκκων πράσινου καφέ (станταρισμένο για 45% πολυφαινόλες)	50 mg
Guarana Dried Extract (standardized for 20% caffeine alkaloids / Εκχύλισμα Γκουαράνα (станταρισμένο για 20% αλκαλοειδή καφεΐνης)	50 mg
Rhodiola Rosea (standardized for 4% rosavins) / Ροδιόλα (станταρισμένο για 4% ροζαβίνες)	50 mg
Cayenne Pepper / Πιπέρι καγιέν	20 mg
L-Ascorbic Acid (Vitamin C) / L-ασκορβικό οξύ (Βιταμίνη C)	40mg (*50% NRV)
Pyridoxine (Vitamin B6) / Πυριδοξίνη (Βιταμίνη B6)	0,8mg (*57% NRV)

NUTRIYUMMY®







LIPOXYBURN®

LIPOXYBURN is a weight loss food supplement with guarana, green tea extracts and N-acetyl-L-carnitine that boosts fat metabolism, weight management.

Active ingredients / Δραστικά συστατικά	Per capsule/ ανά κάψουλα	NRV / %ΔΙΑ*
Rubus idaeus/Ζιμέουρα	150 mg	**
Vitamin B3/ Βιταμίνη Β3 (Nicotinamide/Νικοτιναμίδιο)	17,80 mg	111.25%
Green Tea/Πράσινο Τσάι	10 mg	**
Guarana/Γκουαράνα	10 mg	**
N-acetyl-L- carnitine/Ν-ακετυλο-Λ-καρνιτίνη	3,10 mg	**

LIPOXYBURN®

ULTRA HARCORE

Nutriyummy® LIPOXYBURN® ULTRA HARCORE 60 caps is a supplement with plant extracts and caffeine, to be used for weight control.

Active ingredients/ Δραστικά συστατικά	Per 1 cap (820mg)/ ανά κάψουλα (820 mg)	Per 2 capsules (1640 mg)/ ανά 2 κάψουλες (1640 mg)
Caffeine/Καφεΐνη	120 mg	240 mg
Green Coffee (Coffea Robusta) Beans Extract/ Εγχύλισμα κόκκων πράσινου καφέ (Coffea Robusta)	100 mg	200 mg
L-Carnitine L-Tartrate/ L-Καρνιτίνη L-Ταρταρική	60 mg	120 mg
L-Theanine/ L-Θεανίνη	55 mg	110 mg
L-Tyrosine/ L-Τυροσίνη	50 mg	100 mg
Cocoa (Theobroma Cacao) Seed Extract/ Εγχύλισμα σπόρων κακάο (Theobroma Cacao)	30 mg	60 mg
Coleus (Coleus Forskohlii) Root Extract/ Εγχύλισμα ρίζας Ήλιουσι Κακόσο (Coleus Forskohlii)	20 mg	40 mg
Green Tea (Camellia Sinensis) Leaf Extract/ Εγχύλισμα φύλλων πράσινου τσαγιού (Camellia Sinensis)	15 mg	30 mg
Cayenne Pepper (Capsicum Annum) Extract/ Εγχύλισμα πιπερού καγιέν (Capsicum Annum)	10 µg	20 µg

CLAPRO

FAT LOSS | FOOD SUPPLEMENT | BONE STRENGTH

NUTRIYUMMY CLA is a high-quality dietary supplement containing conjugated linoleic acid. Its use contributes to fat loss, strengthening metabolism and reducing fatigue. Contains 90 softgels.

Nutrition Facts / Διατροφική Δήλωση Active Ingredients / Δραστική Ουσία	Per 1 capsule / 1 κάψουλα
Conjugated Linoleic Acid 80% CLA / Συζευγμένο λινολεϊκό οξύ 80% CLA	1000 mg

CARNITINEPRO

3000 MG LIQUID | FOOD SUPPLEMENT | FAST METABOLISM

NUTRIYUMMY L-CARNITINE 3000mg 480mL is a liquid carnitine nutritional supplement, with green tea leaf extract, vitamin B6 and vitamin B1, with peach flavor. It is suitable for both women and men. Each dose contains 3000 mg of L-carnitine.

Active Ingredients / Δραστικές Ουσίες	Per 100ml of product/ Ανά 100ml προϊόντος	Per 30ml of product/ Ανά 30ml προϊόντος
L-Carnitine/L-Καρνιτίνη	10 gr	3 g **
Green tea leaf extract/ Εκχύλισμα από φύλλα πράσινου τσαγιού	100 mg	30 mg**
Vitamin B6 (pyridoxine hydrochloride)/ βιταμίνη B6	28 mg	8,4 mg (600% NRV*/ΔΤΑ)
Vitamin B1 (thiamine hydrochloride)/ βιταμίνη B1	12 mg	3,6 mg (32% NRV*/ΔΤΑ)

L-CARNITINE

FAST METABOLISM | FOOD SUPPLEMENT

NUTRIYUMMY L-CARNITINE 90caps contributes to fat loss. The first step in the process of producing energy from fat in the body requires the transport of fatty acids into the mitochondria. Carnitine is also involved in other important physiological functions. Specifically, it participates in the conversion of the keto analogs of branched chain amino acids (BCAAs) -valine, leucine and isoleucine-, an extremely important function during fasting and during exercise.

Nutrition Facts / Διατροφική Δήλωση Active Ingredients / Δραστική Ουσία	Per 1 capsule/ 1 κάψουλα	Per 3 capsules/ 3 κάψουλες
L-carnitine L-tartrate/ L-καρνιτίνη L-τρογγυλή N-acetyl-L-carnitine/ N-ακετυλ-L-καρνιτίνη L-carnitine/L-καρνιτίνη	534 mg	1602 mg
Total L-carnitine/ L-καρνιτίνη (σύνολο)	366,7 mg	1100 mg



TESTO BOOST

HARDCORE TESTOSTERONE BOOSTER



Introducing NutriYummy® Testo Boost 60 Tabs: Unleash Your Inner Beast! Are you tired of feeling sluggish, drained, and lacking that extra punch in your daily life? Do you yearn for a way to rekindle your energy, build muscle, and enhance your overall vitality? Look no further, because NutriYummy® Testo Boost 60 Tabs is here to revolutionize your life and boost your testosterone levels naturally! NutriYummy® Testo Boost 60 Tabs is not just another supplement; it's a hardcore testosterone booster designed to cater to the needs of those who demand the best from life. Testosterone is a key hormone responsible for many aspects of male health, including muscle growth, energy levels, mood, and even cognitive function. Unfortunately, testosterone levels tend to decline as we age, leading to a range of issues. That's where NutriYummy® Testo Boost 60 Tabs comes into play.

Active ingredients/ Δραστικά συστατικά	Per 1 tab/ ανά κάψουλα	Per 2 tabs/ ανά 2 κάψουλες
Alfalfa (Medicago sativa) grass powder/ Αλφάλφα τριφύλλι	250 mg	500 mg
Tribulus Terrestris fruit extract/Εκχύλισμα Τριβόλι	105 mg	210 mg
40% Saponins/ 0% Σαπωνίνες	42 mg	84 mg
Panax Ginseng root extract/Εκχύλισμα ρίζας Τζινσενγκ	100 mg	200 mg
Ginsenosides/Τζινσενσοειδές	5 mg	10 mg
Wild Yam (Dioscorea opposite) Extract/ Εκχύλισμα Άγρια Διοσκορέα	100 mg	200 mg
Diosgenin / Διοσγενίνη	16 mg	32 mg
Maca Root (Lepidium meyenii) powder/Σκόνη Ρίζας Μάκα	100 mg	200 mg
Alfalfa (Medicago sativa) grass powder/Αλφάλφα τριφύλλι	30 mg	60 mg
Bitter Orange (Citrus aurantium) fruit extract/ Εκχύλισμα φρούτου Νερατζιάς	50 mg	100 mg
Citrus bioflavonoids βιοφλαβονοειδή εσπεριδοειδών	30 mg	60 mg
L-Aspartic acid /L-Ασπαρτικό οξύ	100 mg	200 mg
Beta-alanine/β-αλανίνη	100 mg	200 mg
Caffeine/Καφεΐνη	40 mg	80 mg
Vitamin B3/Βιταμίνη B3	10 mg (62% NRV*)	20 mg (124% NRV*)
Vitamin B6 / Βιταμίνη B6	1,6 mg (114% NRV*)	3,3 mg (235% NRV*)
Zinc / Ψευδάργυρος	17 mg (170% NRV*)	34 mg (340% NRV*)

60 TABS
NET. WT 92 G



CREA PRO

100% CREATINE MONOHYDRATE

NUTRIYUMMY CREATINE MONOHYDRATE POWDER is a creatine monohydrate supplement in powder form. It is a high-quality nutritional supplement that supplements the level of creatine monohydrate in the daily diet, designed to improve strength and performance. The main energy carrier in muscle cells is the creatine molecule, which makes its supplementation an ideal choice. When used regularly, Nutriyummy creatine monohydrate powder enhances athletic performance by increasing strength, power and muscle mass.



Nutrition Facts / Διατροφική Δήλωση

Serving size / Ποσότητα μερίδας: 1 scoop (5g) / 1 μεζούρα (5g)
Servings per container / Μερίδες ανά συσκευασία: 60

Active ingredients / Δραστικά συστατικά	Per / Avá 100 g (% RDA/ΔΤΑ*)	Per / Avá 5 g (% RDA/ΔΤΑ*)
Creatine Monohydrate / Μονοϋδρική κρεατίνη	98 g	4900 mg
Of which Creatine / Εκ των οποίων κρεατίνη	86 g	4300 mg
L-Taurine / Λ-Ταυρίνη	2 g	100 mg
Pyridoxine (Vitamin B6) / Πυριδοξίνες (Βιταμίνη Β6)	30 mg (2140%)	1,5 mg (107%)*



BARPRO®

CRISPY CRUNCH MILK CHOCOLATE

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 55 g / Ανά 55 g	% RI* per bar 55 g / % ΠΠΑ* ανά 55 g
Energy / Ενέργεια	2069 kJ / 494 kcal	1138 kJ / 272 kcal	14%
Fat / Λιπαρά	23,1 g	12,7 g	18%
Of which saturated / εκ των οποίων κορεσμένα	14,5 g	8 g	40%
Carbohydrates / Υδατάνθρακες	41,3 g	22,7 g	9%
Of which sugars / εκ των οποίων σάκχαρα	28,1 g	15,4 g	17%
Of which polyols / Εκ των οποίων πολυόλες	0,7 g	0,4 g	-
Fibers / Εξοδόμενες ίνες	1,8 g	1 g	-
Protein / Πρωτεΐνες	29,6 g	16,3 g	33%
Salt / Αλάτι	0,41 g	0,23 g	4%

BARPRO®

CARAMEL

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 60 g / Ανά 60 g	% RI* per bar 60 g / % ΠΠΑ* ανά 60 g
Energy / Ενέργεια	1557 kJ / 372 kcal	934 kJ / 223 kcal	11%
Fat / Λιπαρά	14 g	8,3 g	12%
Of which saturated / εκ των οποίων κορεσμένα	9 g	5,7 g	28%
Carbohydrates / Υδατάνθρακες	40 g	24 g	9%
Of which sugars / εκ των οποίων σάκχαρα	4,7 g	2,8 g	17%
Of which polyols / Εκ των οποίων πολυόλες	26 g	15 g	-
Fibers / Εξοδόμενες ίνες	1,9 g	1,2 g	5%
Protein / Πρωτεΐνες	32 g	19 g	38%
Salt / Αλάτι	0,68 g	0,41 g	7%

BARPRO®

HAZELNUT

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 50 g / Ανά 50 g	% RI* per bar 50 g / % ΠΠΑ* ανά 50 g
Energy / Ενέργεια	1638 kJ / 391 kcal	819 kJ / 195 kcal	10%
Fat / Λιπαρά	11 g	5 g	7%
Of which saturated / εκ των οποίων κορεσμένα	5,4 g	2,7 g	14%
Carbohydrates / Υδατάνθρακες	34 g	17 g	7%
Of which sugars / εκ των οποίων σάκχαρα	2,5 g	1,3 g	1%
Of which polyols / Εκ των οποίων πολυόλες	16 g	8 g	-
Protein / Πρωτεΐνες	32 g	16 g	32%
Salt / Αλάτι	0,60 g	0,30 g	5%

BARPRO®

MILKY CHOCOLATE

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 45 g / Ανά 45 g	% RI* per bar 45 g / % ΠΠΑ* ανά 45 g
Energy / Ενέργεια	1423 kJ / 341 kcal	640 kJ / 154 kcal	6%
Fat / Λιπαρά	14 g	6,3 g	9%
Of which saturated / εκ των οποίων κορεσμένα	10 g	4,5 g	22%
Carbohydrates / Υδατάνθρακες	29 g	13 g	5%
Of which sugars / εκ των οποίων σάκχαρα	3,0 g	1,3 g	1%
Of which polyols / Εκ των οποίων πολυόλες	25 g	11 g	-
Fibers / Εξοδόμενες ίνες	10 g	4,6 g	19%
Protein / Πρωτεΐνες	30 g	13 g	27%
Salt / Αλάτι	0,08 g	0,04 g	1%

BARPRO®

VEGAN DOUBLE CHOCOLATE

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 48 g / Ανά 48 g	% RI* per bar 48 g / % ΠΠΑ* ανά 48 g
Energy / Ενέργεια	1621 kJ / 390 kcal	778 kJ / 187 kcal	9%
Fat / Λιπαρά	18 g	9 g	13%
Of which saturated / εκ των οποίων κορεσμένα	15 g	7 g	35%
Carbohydrates / Υδατάνθρακες	33 g	16 g	6%
Of which sugars / εκ των οποίων σάκχαρα	13 g	6 g	7%
Of which polyols / Εκ των οποίων πολυόλες	14 g	7 g	-
Fibers / Εξοδόμενες ίνες	11 g	5,2 g	-
Protein / Πρωτεΐνες	23 g	11 g	22%
Salt / Αλάτι	0,63 g	0,30 g	5%

The Nutrijummy BARPRO It is the ideal sweet snack to cover your protein needs! It contributes to meeting daily protein needs and supports training. Meanwhile, it can be part of the diet of any person looking for a quality snack with wonderful sweet flavour.



FLAPJACK OAT BAR
COATING WHITE CHOCOLATE COMPOUND, RASPBERRIES & VEGETABLE
SOURCE OF FIBRE
50g e

FLAPJACK OAT BAR
OAT BAR WITH STRAWBERRY FLAVOR COATING
SOURCE OF FIBRE
50g e

FLAPJACK

STRAWBERRY

NUTRIYUMMY FLAPJACK STRAWBERRY 50G is an oat bar from pure oats with a natural strawberry flavor coating, with a great taste. It is the ideal sweet snack to cover your energy needs! The Nutriyummy Flapjack is ideal for a healthy, active lifestyle. Contributes to meeting daily energy needs and supports training. Meanwhile, it can be part of the diet of any person looking for a quality snack with wonderful sweet taste. Nutriyummy Flapjacks are made with the best natural ingredients, without preservatives, artificial colors.

FLAPJACK

CRANBERRIES & YOGURT

NUTRIYUMMY FLAPJACK CRANBERRIES & YOGURT 50G is an oat bar from pure oats with a white chocolate coating, with a great taste. It is the ideal sweet snack to cover your energy needs! The Nutriyummy Flapjack is ideal for a healthy, active lifestyle. Contributes to meeting daily energy needs and supports training. Meanwhile, it can be part of the diet of any person looking for a quality snack with wonderful sweet taste. Nutriyummy Flapjacks are made with the best natural ingredients, without preservatives, artificial colors.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 50 g serving / Ανά μερίδα 50 γρ.	% RI *per bar 50 g / % ΠΠΑ* ανά 50 g
Energy / Ενέργεια	2060 kJ / 490 kcal	1030 kJ / 245 kcal	12%
Fat / Λιπαρά	24,8 g	12,4 g	18%
Of which saturated / εκ των οποίων κορεσμένα	14,8 g	7,4 g	37%
Carbohydrates / Υδατάνοδρακες	62,9 g	31,5 g	12%
Of which sugars / εκ των οποίων σάκχαρα	32,0 g	16,0 g	18%
Fibers / Εδώδιμες ίνες	5,0 g	2,5 g	-
Protein / Πρωτεΐνες	4,2 g	2,1 g	4%
Salt / Αλάτι	0,14 g	0,07 g	1%

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 50 g serving / Ανά μερίδα 50 γρ.	% RI *per bar 50 g / % ΠΠΑ* ανά 50 g
Energy / Ενέργεια	2040 kJ / 486 kcal	1020 kJ / 242 kcal	12%
Fat / Λιπαρά	24,1 g	12,1 g	18%
Of which saturated / εκ των οποίων κορεσμένα	15,0 g	7,5 g	37%
Carbohydrates / Υδατάνοδρακες	63,0 g	31,5 g	12%
Of which sugars / εκ των οποίων σάκχαρα	32,7 g	16,4 g	18%
Fibers / Εδώδιμες ίνες	3,5 g	2,5 g	-
Protein / Πρωτεΐνες	4,4 g	2,2 g	4%
Salt / Αλάτι	0,14 g	0,07 g	1%



Nutrition Facts / Διατροφική Δήλωση	100 g	Per 16 g serving / Ανα μερίδα 16 γρ.	%RI* per portion 17.5 / %ΠΠΑ* ανά μερίδα 17,5 Γ
Energy / Ενέργεια	2131 kJ / 511 kcal	341 kJ / 82 kcal	4 %
Fat / Λιπαρά	29 g	4,6 g	7 %
Of which saturated / εκ των οποίων κορεσμένα	18 g	2,9 g	15 %
Carbohydrates / Υδατάνθρακες	53,0 g	8,5 g	3 %
Of which sugars / εκ των οποίων σάκχαρα	4,9 g	0,8 g	1 %
Of which polyols / εκ των οποίων πολυόλες	35,0 g	5,6 g	-
Fibers / Εδώδιμες ίνες	7,5 g	0,0 g	
Protein / Πρωτεΐνες	5,9 g	0,94 g	2 %
Salt / Αλάτι	0,72 g	0,12 g	2 %

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 16 g serving / Ανα μερίδα 16 γρ.	%RI* per portion 17.5 / %ΠΠΑ* ανά μερίδα 17,5 Γ
Energy / Ενέργεια	1990 kJ / 479 kcal	318 kJ / 77 kcal	4 %
Fat / Λιπαρά	32 g	5,1 g	7 %
Of which saturated / εκ των οποίων κορεσμένα	19 g	3,0 g	15 %
Carbohydrates / Υδατάνθρακες	51,0 g	8,2 g	3 %
Of which sugars / εκ των οποίων σάκχαρα	4,3 g	0,69 g	1 %
Of which polyols / εκ των οποίων πολυόλες	30,0 g	4,8 g	-
Protein / Πρωτεΐνες	8,4 g	1,3 g	3 %
Salt / Αλάτι	0,28 g	0,04 g	1 %





WAFER ROLLS

NUTRIYUMMY® WAFER ROLLS with white chocolate filling have no added sugars, salt and palm oil! It is the ideal snack for chocolate lovers who follow a healthy lifestyle. You should choose this product as it has a wonderful sweet taste and is the ideal healthy snack for any time of the day! Enjoy the perfect combination of crispy wafer with white chocolate filling, without the addition of sugar, with only 75 calories / serving! Finally, they are suitable for vegetarians.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 17,5 g serving / Ανά μερίδα 17,5 γρ.	%RI* per portion 17,5 / %ΠΠΑ* ανά μερίδα 17,5 G
Energy / Ενέργεια	1777 kJ / 427 kcal	310 kJ / 74 kcal	4
Fat / Λιπαρά	23,0 g	4,0 g	6
Of which saturated / εκ των οποίων κορεσμένα	6,7 g	1,2 g	6
Carbohydrates / Υδατάνθρακες	64,0 g	11,2 g	
Of which sugars / εκ των οποίων σάκχαρα	9,5 g	1,7 g	4
Of which polyols / εκ των οποίων πολυόλες	39,0 g	6,8 g	2
Fibers / Εξώδιμετες ίνες	0,1 g	0,0 g	
Protein / Πρωτεΐνες	6,5 g	1,1 g	2
Salt / Αλάτι	0,02 g	0,00 g	0



PROTEIN PANCAKE MIX

WITH COCOA

Indulge in the delightful taste of NutriYummy Protein Pancakes Mix Chocolate. This innovative blend offers a guilt-free breakfast solution without compromising on taste or nutrition. Crafted with premium ingredients, each bite is packed with protein, making it an ideal choice for a wholesome start to your day. With no added sugar and a gluten-free formulation, you can enjoy these pancakes with peace of mind, knowing you're fueling your body with quality ingredients. Plus, the irresistible CHOCOLATE adds a touch of indulgence to your morning routine.

Nutrition Facts / Διατροφική Δήλωση	Per 100 g / ανά 100 g	Per serving 50 g / ανά μερίδα 50 g	*RI / ΠΠΑ (50g)
Energy / Ενέργεια	1444 kJ 345 kcal	722 kJ 172 kcal	9 %
Fat / Λιπαρά	3,5 g	1,7 g	2 %
Of which saturates / Εκ των οποίων κορεσμένα	1,5 g	0,8 g	4 %
Carbohydrate / Υδατάνθρακες	49,2 g	23,1 g	9 %
Of which sugars / Εκ των οποίων σάκχαρα	5,0 g	2,5 g	3 %
Fiber / Φυτικές Ίνες	3,0 g	1,5 g	-
Protein / Πρωτεΐνες	30,7 g	15,35 g	31 %
Salt / Αλάτι	2,6 g	1,3 g	22 %

COOKIES & CREAM

Indulge in the delightful taste of NutriYummy Protein Pancakes Mix with Cookies & Cream flavor. This innovative blend offers a guilt-free breakfast solution without compromising on taste or nutrition. Crafted with premium ingredients, each bite is packed with protein, making it an ideal choice for a wholesome start to your day. With no added sugar and a gluten-free formulation, you can enjoy these pancakes with peace of mind, knowing you're fueling your body with quality ingredients. Plus, the irresistible cookies & cream flavor adds a touch of indulgence to your morning routine.

Nutrition Facts / Διατροφική Δήλωση	Per 100 g / ανά 100 g	Per serving 50 g / ανά μερίδα 50 g	*RI / ΠΠΑ (50g)
Energy / Ενέργεια	1467 kJ 351 kcal	733 kJ 176 kcal	9 %
Fat / Λιπαρά	3,3 g	1,6 g	2 %
Of which saturates / Εκ των οποίων κορεσμένα	1,5 g	0,7 g	3 %
Carbohydrate / Υδατάνθρακες	49,9 g	24,9 g	10 %
Of which sugars / Εκ των οποίων σάκχαρα	5,5 g	2,7 g	3 %
Fiber / Φυτικές Ίνες	1,7 g	0,8 g	-
Protein / Πρωτεΐνες	29,9 g	15 g	30 %
Salt / Αλάτι	2,6 g	1,3 g	22 %



CARAMEL FLAVORED & SEA SALT

NUTRIYUMMY® Caramel flavored spread with sea salt 200g is a smooth spread with a wonderful salted caramel flavor! You can spread it on bread, pancakes, crepes and other sweets! It is suitable for people who would like an alternative option for a healthy sweet snack, without palm oil and no added sugar. Try it and its taste will amaze you!

HAZELNUT & COCOA

NUTRIYUMMY CHOCOLATE & HAZELNUT SPREAD 200G can be spread on bread, toast, cookies or can be used as an ingredient in sweets. It does not contain added sugar or palm oil and is suitable for vegetarians. Each spoon of this spread has a rich taste and wonderful texture that is worth trying!

WHITE CHOCOLATE FLAVORED SPREAD

NUTRIYUMMY® White Chocolate Spread 200g is a white chocolate smooth spread with a wonderful taste and texture! You can spread it on bread, pancakes, crepes and other sweets! It is suitable for people who would like an alternative option for a healthy sweet snack, without palm oil and no added sugar. Try it and its taste will amaze you!

Nutrition Facts / Διατροφική Δήλωση	Per 100g	Per 5g	%RI* per 5g
Energy/Ενέργεια	2117 kJ 512 Kcal	106 kJ 26 Kcal	1 %
Fat/Λιπαρά	38 g	1,9 g	3 %
Of which saturates/ Εκ των οποίων κορεσμένα	10 g	0,5 g	3 %
Carbohydrate/Υδατάνθρακες	55 g	2,8 g	1 %
Of which sugars/ Εκ των οποίων σάκχαρα	4,9 g	0,3 g	< 1 %
Of which polyols/ Εκ των οποίων πολυόλες**	44 g	2,2 g	-
Fiber / Εδώδιμες Ίνες	0,4 g	0,02 g	-
Protein / Πρωτεΐνες	4,0 g	0,2 g	< 1 %
Salt / Αλάτι	0,57 g	0,03 g	< 1 %

Nutrition Facts / Διατροφική Δήλωση	Per 100g	Per 5g	%RI* per 5g
Energy/Ενέργεια	2063 kJ 498 kcal	103,15 kJ 24,9 kcal	1 %
Fat/Λιπαρά	38 g	1,9 g	3 %
Of which saturates/ Εκ των οποίων κορεσμένα	8,8 g	0,44 g	2 %
Carbohydrate/Υδατάνθρακες	56 g	2,8 g	1 %
Of which sugars/ Εκ των οποίων σάκχαρα	5 g	0,25 g	< 1 %
Of which polyols/ Εκ των οποίων πολυόλες**	49 g	2,45 g	-
Protein / Πρωτεΐνες	3,2 g	0,16 g	< 1 %
Salt / Αλάτι	0,11 g	<0,01 g	< 1 %

Nutrition Facts / Διατροφική Δήλωση	Per 100g	Per 5g	%RI* per 5g
Energy/Ενέργεια	2117 kJ 512 kcal	106 kJ 26 kcal	1 %
Fat/Λιπαρά	38 g	1,9 g	3 %
Of which saturates/ Εκ των οποίων κορεσμένα	10 g	0,5 g	3 %
Carbohydrate/Υδατάνθρακες	55 g	2,8 g	1 %
Of which sugars/ Εκ των οποίων σάκχαρα	4,9 g	0,3 g	< 1 %
Of which polyols/ Εκ των οποίων πολυόλες**	44 g	2,2 g	-
Fiber / Εδώδιμες Ίνες	0,4 g	0,02 g	-
Protein / Πρωτεΐνες	4,0 g	0,2 g	< 1 %
Salt / Αλάτι	0,57 g	<0,03 g	< 1 %



PEANUT BUTTER SMOOTH

NutriYummy Peanut butter Smooth 400g is a peanut butter made from 100% peanuts without added sugar, sodium or salt and with a high protein content, a wonderful taste and a soft feeling in your mouth.

Nutrition Facts/ Διατροφική Δήλωση	Per 100 g	Per 20 g	%RI* per portion/ %ΠΠΑ* ανά μερίδα
Energy/Ενέργεια	2345 kJ 565 Kcal	469 kJ 113 Kcal	6
Fat/Λιπαρά	41,5 g	8,3 g	12
Of which saturated/ Εκ των οποίων κορεσμένα	14,4 g	2,9 g	15
Carbohydrate/ Υδατάνθρακες	14,4 g	2,9 g	1,1
Of which sugars/ Εκ των οποίων σάκχαρα	4 g	0,8 g	<1
Fiber/Εδώδιμες Ίνες	8,9 g	1,8 g	-
Protein/Πρωτεΐνες	29,1 g	5,9 g	12
Salt/Αλάτι	0,10 g	0,02 g	<1



COCONUT OIL

Crafted meticulously from the finest coconuts, NutriYummy Coconut Oil exudes purity and quality. Its extraction process ensures the preservation of essential nutrients, delivering a product rich in flavor and goodness. This coconut oil boasts a delightful aroma-free composition, making it a versatile addition to any kitchen.



Nutrition Facts / Διατροφική Δήλωση	Per 100ml
Energy/Ενέργεια	3426 kJ 833 kcal
Fat/Λιπαρά	93 g
Of which saturates/ Εκ των οποίων κορεσμένα	84 g
Of which mono-unsaturates/ Εκ των οποίων μονοακόρεστα	6,4 g
Of which polyunsaturates/ Εκ των οποίων πολυακόρεστα	1,9 g
Carbohydrate/Υδατάνθρακες	0 g
Of which sugars/ Εκ των οποίων σάκχαρα	0 g
Protein / Πρωτεΐνες	0 g
Salt / Αλάτι	0 g



TAHINIPRO

Spread Pistachio & Tahini

NUTRIYUMMY TAHINIPRO SPREAD Pistachio & Tahini 230g is a sweet tahini & pistachio spread with a wonderful taste and texture! You can spread it on bread, pancakes, crepes and other sweets! It is suitable for people who would like an alternative option for a healthy sweet snack, without palm oil. It is high in fibers and has a 18% protein content that makes it satiating.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 5 g serving / Ανά μερίδα 5 γρ.
Energy / Ενέργεια	258 kJ / 623 kcal	129 kJ / 31 kcal
Fat / Λιπαρά	49,7 g	2,5 g
Of which saturated / εκ των οποίων κορεσμένα	8,1 g	0,4 g
Carbohydrates / Υδατάνοδρακες	22,6 g	1,1 g
Of which sugars / εκ των οποίων σάκχαρα	22,5 g	1,1 g
Fibers / Εδώδιμες ίνες	6,7 g	0,3 g
Protein / Πρωτείνες	18,1 g	0,9 g
Salt / Αλάτι	0,09 g	0,0 g

TAHINIPRO

Spread Strawberry & Tahini

NUTRIYUMMY TAHINIPRO SPREAD Strawberry & Tahini 230g is a sweet tahini & strawberry spread with a wonderful taste and texture! You can spread it on bread, pancakes, crepes and other sweets! It is suitable for people who would like an alternative option for a healthy sweet snack, without palm oil. It is high in fibers and has a 18% protein content that makes it satiating.

Nutrition Facts / Διατροφική Δήλωση	100 g	Per 5 g serving / Ανά μερίδα 5 γρ.
Energy / Ενέργεια	2416 kJ / 582 kcal	120,8 kJ / 29,1 kcal
Fat / Λιπαρά	41,8 g	2,1 g
Of which saturated / εκ των οποίων κορεσμένα	7,3 g	0,4 g
Carbohydrates / Υδατάνοδρακες	29,5 g	1,5 g
Of which sugars / εκ των οποίων σάκχαρα	28,4 g	1,4 g
Fibers / Εδώδιμες ίνες	7,5 g	0,4 g
Protein / Πρωτείνες	18,1 g	0,9 g
Salt / Αλάτι	0,04 g	<0,01 g



ZERO SYRUPS

CHOCOLATE / FOREST FRUITS

NUTRIYUMMY SYRUPS 425ML are syrups that have no calories. They taste great and can be used as a garnish on pancakes, crepes, waffles and other sweets. It also goes well with yogurt, fruit salads, ice creams and sorbets without containing sugars and calories.

Nutrition Facts / Διατροφική Δήλωση	Per 100 ml / Ανά 100 ml	Per 5 ml serving / 5ml προϊόντος
Energy / Ενέργεια	28 kJ / 7 kcal	1 kJ / 0 kcal
Fat / Λιπαρά	0,1 g	0,0 g
Of which saturated / εκ των οποίων κορεσμένα	0,1 g	0,0 g
Carbohydrates / Υδατάνδρακες	0,8 g	0,0 g
Of which sugars / εκ των οποίων σάκχαρα	0,0 g	0,0 g
Fibers / Εδώδιμες ίνες	0,7 g	0,0 g
Protein / Πρωτεΐνες	0,3 g	0,0 g
Salt / Αλάτι	0,06 g	0,00 g

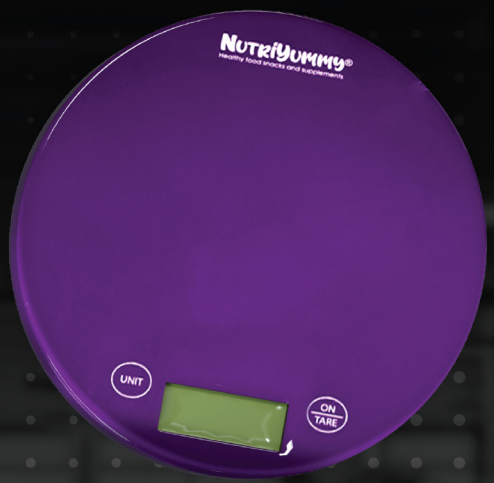
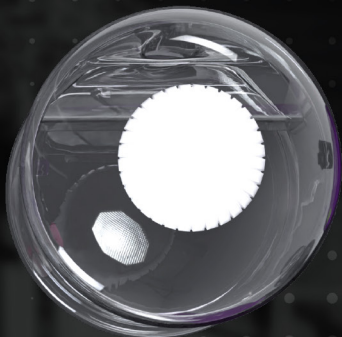
ZERO SAUCES

VINEGRET / BOLOGNESE / BARBEQUE

NUTRIYUMMY SAUCES 425 ML are calorie-free sauces that taste great and can be used as sauces for meats, poultry, potatoes, salads or other savory preparations. They can be served with various dishes without containing sugars and calories, just like conventional sauces.

Nutrition Facts / Διατροφική Δήλωση	Per 100 ml / Ανά 100 ml	Per 5 ml serving / 5ml προϊόντος
Energy / Ενέργεια	41 kJ / 10 kcal	2 kJ / 1 kcal
Fat / Λιπαρά	0,1 g	0,0 g
Of which saturated / εκ των οποίων κορεσμένα	0,0 g	0,0 g
Carbohydrates / Υδατάνδρακες	1,5 g	0,1 g
Of which sugars / εκ των οποίων σάκχαρα	0,1 g	0,0 g
Fibers / Εδώδιμες ίνες	1,2 g	0,1 g
Protein / Πρωτεΐνες	0,2 g	0,0 g
Salt / Αλάτι	2,4 g	0,12 g





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HEALTHY FOOD SNACKS AND SUPPLEMENTS



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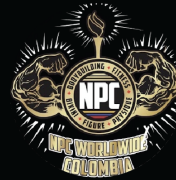
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