

PEPTAMEN[®]



DELICIOUS WAY
TO NOURISH YOUR
RECOVERY WITH
PEPTAMEN[®]



OPTIMIZED NUTRIENT ABSORPTION

for Optimized Health Outcomes

Peptide-based formula with enzymatically hydrolyzed 100% whey protein

Smaller, easy-to-absorb peptides

Nutritionally complete and balanced

A high percentage of fat as medium chain triglycerides (70%)

Low glycemic index

High in protein



Scan QR code to learn more!



Nutritional Information	Units	Per 100g	Per Serving 55g
Energy	kcal	466	256
	kJ	1950	1073
Fat (35% TEI*)	g	18	9.9
Comprising of			
Saturated	g	12.6	6.9
MCT	g	12.6	6.9
Monounsaturated	g	2.5	1.4
Polyunsaturated	g	1.4	0.77
α -linolenic acid	g	0.32	0.18
linolenic acid	g	1.1	0.61
Trans fatty acid	g	0	0
Carbohydrate (45% TEI*)	g	52.5	28.9
Comprising of			
Sugar	g	14.5	8.0
Lactose	g	0.5	0.28
Fibre (0% TEI*)	g	0	0
Protein (20% TEI*)	g	23.5	12.9
Salt (Na/g) x 2.5	g	1.0	0.55
Mineral			
Sodium	mg	400	220
Potassium	mg	520	286
Chloride	mg	255	140
Calcium	mg	440	242
Phosphorus	mg	310	171
Magnesium	mg	114	62.7
Iron	mg	7.2	4.0
Zinc	mg	4.37	2.4
Copper	mg	0.60	0.33
Manganese	mg	1.15	0.63
Fluoride	mg	0	0
Selenium	μ g	34	18.7
Chromium	μ g	19	10.5
Molybdenum	μ g	47	25.9
Iodine	μ g	104	57.2
Vitamin			
A	μ g	690	380
D	μ g	9.3	5.1
E	mg α -TE	5.81	3.2
K	μ g	47	25.9
C	mg	60	33
Vitamin B1	mg	1.0	0.55
Vitamin B2	mg	1.0	0.55
Niacin	mg/mg NE	4.5 / 11.1	2.5 / 6.1
Vitamin B6	mg	1.1	0.61
Folic Acid	μ g	170	93.5
B12	μ g	2.1	1.16
Biotin	μ g	16	8.8
Pantothenic acid	mg	4.3	2.4
Others			
Taurine	mg	58	31.9
L-Carnitine	mg	50	27.5
Choline	mg	220	121
Gluten	mg	0	0

* Total Energy Intakes

THE PEPTAMEN® FORMULA RECIPES



STRAWBERRY BANANA SMOOTHIE

NUTRITIONAL INFO PER SERVING:

334
kcal

48g
Carb

14g
Protein

11g
Fat



10 MINS



SERVES 1

INGREDIENTS

6 scoops PEPTAMEN®
½ cup Sliced strawberries
½ small Banana
210ml Chilled water

PREPARATION METHODS

1. Place all ingredients in a blender and mix until smooth.
2. Serve immediately.

SERVING SUGGESTION

SUNRISE SMOOTHIE

NUTRITIONAL INFO PER SERVING:



15 MINS SERVES 2

A INGREDIENTS

- ½ cup/100ml Orange juice
- 1 small Soft pear, peeled & sliced
- 1 small Peach, sliced
- ½ cup/1 slice Honeydew melon, sliced
- ½ cup Ice cubes

B INGREDIENT

- 10 scoops PEPTAMEN®

PREPARATION METHODS

1. Blend A ingredients until ice cubes are crushed.
2. Mix in B ingredient and blend till PEPTAMEN® dissolves.
3. Pour into glasses and serve immediately.



SERVING SUGGESTION



SERVING SUGGESTION

MOCHA CREAM

INGREDIENTS

- 6 scoops PEPTAMEN®
- 210ml Warm water
- 1 tbsp MILO® Powder
- 1 tsp NESCAFÉ® Classic

PREPARATION METHODS

1. Mix all ingredients and stir until well dissolved.
2. Serve immediately.

NUTRITIONAL INFO PER SERVING:



10 MINS SERVES 1



SERVING SUGGESTION

DARK CHOCOLATE PUDDING WITH CHOCOLATE GANACHE

NUTRITIONAL INFO PER SERVING:

281
kcal

33g
Carb

10g
Protein

14g
Fat



30 MINS



SERVES 2

INGREDIENTS

8 scoops	PEPTAMEN®
200ml	Water
5g	Agar strips
150ml	Water
10g	Chocolate compound
30g	Dark chocolate

PREPARATION METHODS

1. Soak the agar strips with 150ml water in a pot.
2. Boil the agar until is completely dissolved. Remove the pot from the heat.
3. Mix 6 scoops of PEPTAMEN® with 200ml water and shake well.
4. Pour the PEPTAMEN® into the agar and stir well.
5. Stir in the chocolate compound.
6. Pour the mixture into a small container and chill overnight.

FOR TOPPING

1. Melt 30g of dark chocolate.
2. Add in 2 scoops of PEPTAMEN®.
3. Mix till well combined.

FROZEN PINEAPPLE SMOOTHIE



SERVING SUGGESTION

NUTRITIONAL INFO PER SERVING:

309
kcal

45g
Carb

14g
Protein

8g
Fat



15 MINS



SERVES 1

INGREDIENTS

4 scoops
100ml
90g
1 slice

PEPTAMEN®
Chilled water
Low fat plain yoghurt
Frozen pineapple

PREPARATION METHODS

1. Cut the sliced pineapple into small chunks and freeze it in advance.
2. Blend the PEPTAMEN®, water, yoghurt and frozen pineapple in a blender until smooth.
3. Consume immediately.

CARROT-APPLE BLISS

NUTRITIONAL INFO PER SERVING:

294
kcal

50g
Carb

10g
Protein

7g
Fat



10 MINS SERVES 1

INGREDIENTS

4 scoops	PEPTAMEN®
2 medium	Carrot
1 medium	Green apple
120ml	Chilled water

PREPARATION METHODS

1. Peel and cut the carrots and green apple into small pieces.
2. Put the sliced carrots and green apples into a juicer.
3. Dissolve the PEPTAMEN® with chilled water.
4. Pour the carrot apple juice into the PEPTAMEN®. Mix well and serve immediately.



SERVING SUGGESTION



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