



# Dairy Farmers Protein Smoothies Fact Sheet



## Power up your day with a healthy dose of protein and prebiotics

Introducing Dairy Farmers Protein Smoothies + Prebiotics – your go-to for fuelling busy mornings, powering through the afternoon slump or recharging post-workout. With 30g of high-quality dairy protein, prebiotics for gut health and no added sugar, it's a smooth way to add some Oomph to your day.

### Breaking it down

Each bottle of Dairy Farmers Protein Smoothies + Prebiotics provides:



30g Protein



Plus Prebiotics



No Sugar Added



8 Essential Nutrients

- 100% daily calcium needs
- 60% daily protein needs
- 60% daily vitamin B12 needs
- 51% daily iodine needs
- 40% daily phosphorus needs
- 31% daily vitamin B2 needs
- 23% daily vitamin B5 needs

Percentage daily intakes are based on an average adult diet of 8700kJ.

## Core Benefits

### Protein for satiety

- Dairy protein, like that found in Dairy Farmers Protein Smoothies, is one of the highest quality proteins.<sup>5</sup>
- Protein is the most satiating nutrient, helping to keep you feeling full and giving you the Oomph you need to win the day, without weighing you down.<sup>1</sup>
- Protein quality is also important, as higher quality, complete proteins (with all essential amino acids present) can be absorbed and utilised by the body more effectively.<sup>5</sup>
- Research shows that consuming protein frequently across the day can help with hunger management and cravings.<sup>4</sup>

### Prebiotics for a healthy gut

- A healthy gut supports more than just digestion – it can also play a role in immunity and even how you feel. Dairy Farmers Protein Smoothies contain the prebiotic GOS (galacto-oligosaccharides), which feed the good bacteria in your gut.<sup>9,10</sup>

### Protein to power your day and supporting muscle health and post-workout recovery

- Timing your protein intake matters just as much as the amount – and spacing it out across the day can make a real difference.
- Consuming around 25–30g protein in regular meals spread across the day maximises muscle growth and repair.<sup>2</sup>
- When combined with exercise, particularly strength-based training, this will increase muscle strength.<sup>3</sup>

### Micronutrients and electrolytes to support energy and brain health

- Dairy Farmers Protein Smoothies naturally contain essential micronutrients like vitamins B5, B12 and iodine that help give you that little extra pep in your step—supporting energy levels, brain health and cognition.
- They also naturally contain electrolytes to help maintain hydration and support your body's daily function.

# Need Protein?

Pack some **Oomph**



## References:

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