

WHEY ISOLATE

Pure Flavour

Nutritional Information

(Stand: 14.06.21)

Protein concentrate (84 %) for the preparation of a lactose-free and fat-free shake.

Ingredients: 100 % **whey** protein isolate (with emulsifier: lecithins (sunflower)). **Lactose-free. Gluten-free.**

Average nutritional values	per 100 g	% NRV* per 100 g	per serving (30 g/ 200 ml of water)	% NRV* per serving (30 g/ 200 ml of water)	per 100 ml **	% NRV* per 100 ml **
Energy	1475 kJ 347 kcal		443 kJ 104 kcal		192 kJ 45 kcal	
Fat	1,0 g		0,3 g		0,1 g	
of which saturates	0,8 g		0,2 g		0,1 g	
Carbohydrates	0,2 g		< 0,1 g		< 0,1 g	
of which sugars	0,2 g		< 0,1 g		< 0,1 g	
Protein	84 g		25 g		11 g	
Salt	0,38		0,12 g		0,05 g	
Calcium	500 mg	63 %	164 mg	21 %	71,3 mg	9 %

* Percent of Nutrient Reference Values

** based on the preparation with 30 g of powder and 200 ml of water

Use: For one serving mix 30 g of powder (= 3 level measuring spoons) with 200 ml of water in a shaker for 20 seconds. Take 1-2 servings per day. The use after your training is especially recommended.

Important information: This product does not replace a varied and balanced diet and a healthy lifestyle.

Calcium contributes to a normal energy metabolism

Amino acids per 100 g of pure protein

L-Isoleucine* (BCAA**)	7,1 g
L-Leucine* (BCAA**)	9,6 g
L-Lysine*	9,5 g
L-Valine* (BCAA**)	6,4 g
L-Phenylalanine*	2,7 g
L-Threonine*	6,9 g
L-Methionine*	2,1 g
L-Tryptophan*	1,6 g
L-Glutamine + L-Glutamic acid	17,6 g
L-Asparagine + L-Aspartic acid	10,3 g
L-Arginine	1,8 g
L-Proline	5,9 g
L-Serine	4,8 g
L-Alanine	5,1 g
Glycine	1,5 g
L-Tyrosine	2,6 g
L-Histidine	1,5 g
L-Cysteine	2,3 g

* essential amino acids

** BCAA (Branched Chain Amino Acids)

Store in a cool and dry place.

Contents: 600 g (= 20 servings)

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