

POWER

WHEY PROTEIN 94

ISOLATE CFM

VANILLA

BEFORE DURING AFTER

=====

QUICK INFO

☒ LACTOSE FREE

☒ GLUTEN FREE

☐ ACID FREE

☐ NO SWEETENERS

☒ NO ARTIFICIAL COLOURS

☐ NO PRESERVATIVES



**VARIOUS
FLAVOURS**

WHEY PROTEIN ISOLATE. WITH SWEETENERS, VANILLA FLAVOURED.

PRODUCT DESCRIPTION

The proteins support growth in the muscle mass and its maintenance. Whey Protein 94 is a whey protein isolate with an extremely high protein content of 94% in dry substance. The manufacturing through cross flow microfiltration (micro and afterwards ultra filtration, no ion exchange) guarantees the best possible conservation and concentration of valuable protein fractions in their tertiary and quaternary structure, which gets otherwise lost during the ion exchange. At the same time, this technology allows the lowest fat content and no lactose for the highest biological value (170 according to Oser).

ADVANTAGES

- **Lactose free, gluten free**
- **Best possible protein quality through cross-flow microfiltration**
- **High content in essential amino acids, especially in BCAA (250 mg/g pure protein)**
- **Neutral version ideal for protein enrichment of other nutrients or beverages.**
- **Good solubility**
- **Water-soluble**

UTILISATION

To be taken up to 30 min before or right after training.

2 scoops (approx. 20 g) + approx.. 200 ml of milk. If preparing with water, increase amount of powder. As part of a varied and balanced diet and a healthy lifestyle.

INGREDIENTS

Whey protein isolate 93% (Ireland), thickeners (guar seed flour, xanthan), flavours, emulsifier **soy** lecithin, sweetener aspartame (contains a source of phenylalanine), vanilla extract and seeds 0.6%.

FLAVOURS/PACKAGING

Strawberry, Vanilla, Chocolate

Neutral, Banana, Vanilla, Chocolate, Caffè Latte

425 g can (21 servings)

850 g can (42 servings)

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NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER	1 PORTION**
energy kJ (kcal)	1560 (370)	600 (140)
fat	1.5 g	0.5 g
of which saturated fatty acids	0.6 g	0.1 g
carbohydrates	2.5 g	10 g
of which sugars	0.7 g	9.5 g
fibres	1.8 g	0.4 g
protein	85 g	24 g
salt ***	0.78 g	0.16 g
MINERALS	%NRV*	%NRV*
calcium	450 mg 56%	340 mg 43%
magnesium	70 mg 19%	36 mg 10%
phosphorus	220 mg 31%	235 mg 34%
potassium	450 mg 23%	415 mg 21%

* nutrient reference values

**1 Portion = 20 g + 200 ml skim milk (0.1% fat). 100 ml of the preparation contains 300 kJ (70 kcal).

***sodium content (310 mg/100 g),
calculated from natural sodium content, no salt added.

amino acids per 100 g of pure protein		
essentials	histidine	1.9 g
	isoleucine	7.1 g
	leucine	11.6 g
	lysine	10.1 g
	methionine + cysteine	4.3 g
	phenylalanine + tyrosine	6.6 g
	threonine	8.3 g
	tryptophan	2.0 g
	valine	6.2 g
non-essentials	alanine	5.5 g
	arginine	1.9 g
	aspartic acid	11.5 g
	glutamic acid	20.5 g
	glycine	1.7 g
	proline	6.1 g
	serine	4.6 g

Biological value (Oser): 170 (whole egg = 155)

Total BCAA (leucine, isoleucine, valine): 250 mg/g of pure protein

Carefully produced in Switzerland for Sponser:

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