



## Sports Nutrition

# WHEY PROTEIN MIX

Item No.: 5449124

To supply the body with essential proteins after your work-out, the **Salted caramel** flavour protein shake serves you an effective whey protein blend of whey isolate and concentrate.

This shake provides about 23 g protein per 250 ml serving and its proteins contribute to a growth in muscle mass. And the drink is quick to prepare: simply mix the powder with water in a shaker.

Other possible flavours: Vanilla, Chocolate, Strawberry, Unflavoured, Lemon cheesecake



### i What are BCAAs?

The term BCAAs stands for branched-chain amino acids and refers to the three essential amino acids: leucine, isoleucine and valine. Amino acids are the building blocks proteins are composed of. Rapidly transported to the muscles, they are readily available and a source of nitrogen, which is needed to synthesise other vital amino acids in the muscles.

### Benefits

- A blend of whey protein isolate and whey protein concentrate
- 23 g protein per 250 ml serving
- Flavours: Vanilla, Chocolate, Strawberry, Unflavoured, Salted caramel, Cheesecake
- Gluten-free
- Suitable as a post-workout shake



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### Description

Flavoured beverage powder based on whey proteins with sweeteners

### Dosage per serving and use

Quickly stir 30 g of the powder into 250 ml water or use a shaker.

Before  During  After

### Technical data

Flavours: Vanilla, chocolate, strawberry, unflavoured, salted caramel, lemon cheesecake

Shelf life: 15 – 18 months, depending on the packaging format

Storage: Store in a cool, dry and dark place.

Packaging:

### Allergy information

Milk/milk products (including lactose).

### Ingredients (salted caramel)

57.5% **whey** protein concentrate (**whey** protein, emulsifier: lecithins), 38.0% **whey** protein isolate (**whey** protein, emulsifier: lecithins), salt, flavouring, thickener: guar gum, anti-caking agent: silicon dioxide, sweetener: acesulfame K and sucralose

Nutrition Information (salted caramel)	per 100 g powder	per serving (30 g)
Energy value	1542 kJ	463 kJ
Energy value	369 kcal	111 kcal
Fat	4.1 g	1.2 g
-of which saturates	1.8 g	0.5 g
Carbohydrate	4.7 g	1.4 g
-of which sugars	4.6 g	1.4 g
Fibre	< 0.5 g	< 0.5 g
Protein	77 g	23 g
Salt	2.6 g	0.78 g

All data are subject to usual variations in natural products.

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