



## Sports Nutrition

# PURE WHEY

Item No.: 5449126

Whey protein belongs to the group of fast, regenerative proteins with a high-quality amino acid composition and high levels of beneficial BCAAs. Pure Whey contains pure whey protein isolate, is fat-free (< 0.5 g/ serving) and low in sugar (0.8 g/ 250 ml serving) because of the low carbohydrate level.

25 g of protein per serving contributes to the growth and maintenance of muscle mass.

With their comprehensive know-how, the experts at BHI have developed a shake that dissolves easily, without forming foam. Simply add water or milk, shake, and enjoy.



### Also available: whey protein mix

- High-quality whey mix made from whey protein concentrate and whey protein isolate.
- Contains 23 g protein per serving.
- Rapidly transported to the muscles, it is a readily available source of nitrogen to synthesise vital amino acids in the muscles.

### Benefits

- Proteins contribute to the growth and maintenance of muscle mass
- Contains high-quality whey protein isolate
- With 25 g protein per serving
- No aspartame
- Gluten-free



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### Description

Flavoured beverage powder based on whey protein isolate 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, choco brownie  
 Shelf life: 18 – 24 months, depending on the packaging format  
 Storage: Store in a cool, dry and dark place.

Packaging:

### Allergy information

Milk/ milk products (including lactose).

### Ingredients (unflavoured)

99% **whey** protein isolate (**whey** protein, emulsifier: lecithins), flavouring, thickener: guar gum, anti-caking agent: silicon dioxide, salt, sweetener: sucralose and acesulfame K

Nutrition Information (unflavoured)	per 100 g powder	per serving (30 g)
Energy value	1473 kJ	442 kJ
Energy value	352 kcal	106 kcal
Fat	< 0.5 g	< 0.5 g
-of which saturates	0.2 g	< 0.1 g
Carbohydrates	2.8 g	0.8 g
-of which sugars	2.8 g	0.8 g
Fibre	< 0.5 g	< 0.5 g
Protein	84 g	25 g
Salt	0.59 g	0.18 g

All data are subject to usual variations in natural products.

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