

PRO POWER & MUSCLE

WHEY ISOLATE 94

NEUTRAL

QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



PREPARE BEFORE DURING AFTER

PRODUCT DESCRIPTION

The proteins support growth in the muscle mass and its maintenance. SPONSER® WHEY ISOLATE 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 (Ireland), emulsifier sunflower lecithine.

FLAVOURS/PACKAGING

Strawberry, Vanilla, Chocolate, Mango
 Neutral, Banana, Vanilla, Chocolate, Caffè Latte
 Vanilla
 Neutral, Vanilla, Chocolate, Banana, Strawberry
 All flavours

425 g can (21 servings)
 850 g can (42 servings)
 Display 20 x 20 g
 1500 g can (60-75 servings)
 1500 g big bag (60-75 servings)

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NUTRITION FACTS

	PER 100 G POWDER		1 PORTION (20 G)	
energy kJ (kcal)	1530 (360)		306 (72)	
fat	< 0.5 g		< 0.1 g	
of which saturated fatty acids	< 0.3 g		0 g	
carbohydrates	0.2 g		< 0.1 g	
of which sugars	0.2 g		< 0.1 g	
fibres	0 g		0 g	
protein	90 g		18 g	
salt ***	0.3 g		0.06 g	
MINERALS	%NRV*		%NRV*	
calcium	500 mg	63%	100 mg	13%
magnesium	70 mg	19%	14 mg	4%
phosphorus	180 mg	26%	36 mg	5%
potassium	300 mg	15%	60 mg	3%

* nutrient reference values

**natural sodium content (120 mg/100 g), 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
non-essentials	valine	6.2 g
	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

Whey protein isolate.

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