

**POWER & MUSCLE****CASEIN****100% MICELLAR PROTEIN QUALITY  
CHOCOLATE**

PREPARE BEFORE DURING AFTER

**QUICK INFO**

- LAKTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- NO PRESERVATIVES

**PRODUCT DESCRIPTION**

Micellar casein (milk protein isolate), derived from cross-flow microfiltration (CFM) for the highest available, native protein quality. Contains naturally calcium, phosphorus and potassium.

Casein (lat. Caseus) is the insoluble protein fraction from milk and contains naturally different kinds of protein ( $\alpha$ S1-,  $\alpha$ S2,  $\beta$ - und  $\kappa$ -Casein). Characteristically is its slow stomach depletion and therefore its long lasting amino acid flux into the blood.

In sports nutrition casein is preferably used as bed time protein.

Protein contributes to growth and maintenance of muscle mass. Calcium and potassium contribute to normal muscle function.

**ADVANTAGES**

- **micellar casein from cross-flow microfiltration**
- **long lasting amino acid provision**
- **naturally rich in calcium, phosphorus and potassium**
- **BCAA total (2808 mg BCAA/Portion 13.5 g)**

**USE**

Its slow digestion is a natural property of casein. To get a long lasting amino acid flux during the fasting night phase, it is recommended to take casein before bed time or for recovery reasons directly after activity.

As part of a varied and balanced diet and a healthy lifestyle.

2 ½ scoops (approx. 20 g) + approx. 300 ml of milk. If preparing with water, increase amount of powder.

PRO

# CASEIN

SEITE 2

## INGREDIENTS

Microfiltrated **casein** 84%, defatted cocoa 12%, caramel powder, flavours, sweetener sucralose.

## FLAVOURS/PACKAGING

Vanilla Jar 850 g 42 port.  
 Chocolate Jar 850 g 42 port.

## NUTRITION FACTS

	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1495 (353)		732 (173)	
fat	3.0 g		0.9 g	
of which saturated fatty acids	0.8 g		0.3 g	
carbohydrates	7.5 g		16 g	
of which sugars	4.7 g		15 g	
fibres	4.0 g		0.8 g	
protein	72 g		25 g	
salt ***	0.45 g		0.38 g	
<b>MINERALS</b>		%NRV*		%NRV*
calcium	2100 mg	263%	780 mg	98%
phosphorus	1300 mg	186%	530 mg	76%
potassium	770 mg	39%	600 mg	30%

\* nutrient reference values

\*\*1 Portion = 20 g + 300 ml skim milk (0.1% fat). 100 ml of the preparation contains 244 kJ (58 kcal).

\*\*\* calculated from natural sodium content, no salt added.

## AMINO ACIDS PER 100 G PURE PROTEIN

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NON-ESSENTIAL	Histidin	2.9 g
	Isoleucin	5.2 g
	Leucin	9.6 g
	Lysin	8.1 g
	Methionin + Cystin	3.6 g
	Phenylalanin + Tyrosin	10.4 g
	Threonin	4.4 g
	Tryptophan	1.3 g
	Valin	6.6 g
ESSENTIAL	Alanin	3.2 g
	Arginin	3.8 g
	Asparaginsäure	7.4 g
	Glutaminsäure	22.5 g
	Glycin	2.0 g
	Prolin	10.5 g
Serin	5.7 g	

Produced in Switzerland by

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**CASEIN, DERIVED FROM CROSS-FLOW MICROFILTRATION (MILK PROTEIN ISOLATE). WITH SWEETENER, CHOCOLATE FLAVOURED.**