

PRO POWER & MUSCLE

WHEY ISOLATE 94

CHOCOLATE

PREPARE **BEFORE** DURING AFTER

QUICK INFO

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



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 (165 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

For support of muscle and body mass build-up up to 30 min before and after training. As part of a varied and balanced diet and a healthy lifestyle.

Preparation: 2 scoops (approx. 20 g) + approx. 200 ml of milk. If preparing with water, increase amount of powder up to 25 g powder + 150 ml water.

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

INGREDIENTS

Whey protein isolate 89% (Ireland), defatted cocoa 10%, flavours, emulsifier sunflower lecithin, sweetener sucralose.

FLAVOURS/PACKAGING

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

425 g can (21 servings)
 850 g can (42 servings)
 Big Bag 1500 g (60-75servings)
 1500 g can (60-75 servings)

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NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts/valori nutritivi	100 g		1 Portion**	
Energie/energy/energia kJ (kcal)	1520 (360)		380 (90)	
Fett/lipides/fat/grassi	2.0 g		0.5 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	1.2 g		0.3 g	
Kohlenhydrate/glucides/carbohydrates/glucidi	2.0 g		0.5 g	
davon Zuckerarten/of which sugars	0.4 g		0.1 g	
Eiweiss/protéines/protein(e)	83 g		21 g	
Salz/sel/salt/sale	0.98 g		0.25 g	
Mineralstoffe/sels minéraux/minerals/sali minerali"	%NRV*		%NRV*	
Calcium/calcio	430 mg	54%	108 mg	14%
Phosphor(e)/phosphorus/fosfore	290 mg	41%	73 mg	10%
Kalium/potassium/potassio	850 mg	43%	213 mg	11%

*NRV, nutrient reference values

**1 Portion = 25 g + 150 ml Wasser. 100 ml fertige Zubereitung enthalten 255 kJ (60 kcal).

amino acids per 100 g of pure protein		
essentials	histidine	1.7 g
	isoleucine	6.8 g
	leucine	10.7 g
	lysine	9.4 g
	methionine + cysteine	5.0 g
	phenylalanine + tyrosine	6.4 g
	threonine	6.9 g
	tryptophan	1.9 g
	valine	6.1 g
non-essentials	alanine	5.0 g
	arginine	2.1 g
	aspartic acid	11.4 g
	glutamic acid	17.9 g
	glycine	1.8 g
	proline	6.1 g
	serine	4.4 g

Biological value (Oser): 165 (whole egg = 155)

Total BCAA (leucine, isoleucine, valine): 236 mg/g of pure protein

Whey protein isolate. With sweeteners, Chocolate flavoured.

Carefully produced in Switzerland for Sponser:

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Sponser Europe GmbH
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