

PRO POWER & MUSCLE

# WHEY ISOLATE 94

CAFFÈ LATTE

## QUICK INFO

- LACTOSE FREE
- GLUTEN FREE
- ACID FREE
- NO SWEETENERS
- NO ARTIFICIAL COLOURS
- 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 95% (Ireland), coffee extract 4%, flavours, emulsifier sunflower lecithin, sweetener sucralose.

## FLAVOURS/PACKAGING

Strawberry, Vanilla, Chocolate, Mango  
 Neutral, Banana, Vanilla, Chocolate, Caffè Latte  
 Vanilla  
 Neutral, Banana, Vanilla, Chocolate, 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)

PRO POWER & MUSCLE

# WHEY ISOLATE 94

CAFFÈ LATTE

PAGE 2

## NUTRITION FACTS

| Nährwerte/valeurs nutritives/nutrition facts/valori nutritivi | 100 g        |     | 1 Portion**  |     |
|---|--------------|-----|--------------|-----|
| Energie/energy/energia kJ (kcal)                              | 1545 (365)   |     | 385 (90)     |     |
| Fett/lipides/fat/grassi                                       | 1.0 g        |     | 0.3 g        |     |
| davon gesättigte Fettsäuren/of which saturated fatty acids    | 0.6 g        |     | 0.2 g        |     |
| Kohlenhydrate/glucides/carbohydrates/glucidi                  | 1.0 g        |     | 0.3 g        |     |
| davon Zuckerarten/of which sugars                             | 0.3 g        |     | < 0.1 g      |     |
| Eiweiss/protéines/protein(e)                                  | 86 g         |     | 22 g         |     |
| Salz/sel/salt/sale  | 0.78 g       |     | 0.20 g       |     |
| <b>Mineralstoffe/sels minéraux/minerals/sali minerali**</b>   | <b>%NRV*</b> |     | <b>%NRV*</b> |     |
| Calcium/calcio  | 450 mg       | 56% | 113 mg       | 14% |
| Phosphor(e)/phosphorus/fosfore                                | 220 mg       | 31% | 55 mg        | 8%  |
| Kalium/potassium/potassio                                     | 450 mg       | 23% | 113 mg       | 6%  |

\*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                | 1.9 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  |
|                                       | valine                   | 6.2 g  |
| non-essentials                        | 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. With sweeteners, Caffè Latte flavoured.

Carefully produced in Switzerland for Sponser:

Sponser Sportnahrung AG  
CH-8832 Wollerau  
www.sponser.ch

Sponser Europe GmbH  
D-88131 Lindau  
www.sponser.de

07114/05

www.sponser.com