PRO POWER & MUSCLE

WHEY ISOLATE 94

YOGHURT LEMON

PREPARE | BEFORE | DURING | AFTER

QUICK INFO

- [x] LACTOSE FREE
- [x] GLUTEN FREE
- [ ] ACID FREE
- [ ] NO SWEETENERS
- [x] NO ARTIFICIAL COLOURS
- [x] NO PRESERVATIVES

PRODUCT DESCRIPTION

Protein supports growth and maintenance of muscle mass. 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.**
- **soluble in water**

UTILISATION

Intake 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 94% (Ireland), flavours, acidulant citric acid, emulsifier sunflower lecithin, sweetener sucralose.

FLAVOURS/PACKAGING

Strawberry, Vanilla, Chocolate, Mango, Yoghurt-Lemon	425 g can (21 servings)
Neutral, Banana, Vanilla, Chocolate, Caffè Latte	850 g can (42 servings)
Vanilla	Display 20 x 20 g
All flavours	Bag 1500 g (60-75 servings)
Neutral, Banana, Vanilla, Chocolate, Strawberry	Can 1500 g (60-75 servings)

PRO POWER & MUSCLE

WHEY ISOLATE 94

YOGHURT LEMON

NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		1 Portion**	
Energie/energy kJ (kcal)	1570 (370)		390 (92)	
Fett/lipides/fat davon gesättigte Fettsäuren/of which saturated fatty acids	1.5 g 0.6 g		0.4 g 0.2 g	
Kohlenhydrate/glucides/carbohydrates davon Zuckerarten/of which sugars	2.5 g 0.3 g		0.6 g < 0.1 g	
Eiweiss/protéines/protein	85 g		21 g	
Salz/sel/salt	0.78 g		0.20 g	
Mineralstoffe/sels minéraux/minerals		**%NRV***		**%NRV***
Calcium	380 mg	48%	95 mg	12%
Phosphor(e)/phosphorus	220 mg	31%	55 mg	8%
Kalium/potassium	470 mg	24%	118 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, yoghurt lemon flavoured.

Carefully produced in Switzerland for Sponser:

Sponser Sport Food AG
CH-8832 Wollerau
www.sponser.ch

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

07010/03