



Protein Concentrate Powder

Nutritional supplement with whey protein isolate
Instant powder with high biological value and a neutral taste
to support increased protein level requirements

Useful information:

This is recommended as a supplementary source of protein in the diets of senior citizens, youths and athletes with increased protein requirements. The high biological value of 104 guarantees particularly easy utilisation by the human body. Due to its neutral taste and its excellent solubility, this Protein Concentrate Powder is ideal for enhancing sweet and savoury food as well as drinks with protein. 8 of the 20 amino acids contained in the powder are essential, which means that they cannot be produced by the body. The branched-chain essential amino acids valine, leucine and isoleucine are (so called BCAA) absorbed directly by the muscles and can therefore counteract muscle reduction and support muscle growth. The German Association for Nutrition (DGE) recommends a daily supply of 1.0 g per kg of body weight and per day for healthy senior citizens. Due to various illnesses, the protein requirements of senior citizens can increase. As confirmed by the European Food Safety Authority (EFSA), proteins contribute towards an increase in and the retention of muscle mass and towards maintenance of normal bones.

Ingredients: Whey Protein Isolate, emulsifier Lecithin.

Contains lactose and milk products.

Average nutritional values	per portion (1 measuring spoon = 5 g powder)	per daily dose (=30 g powder)	per 100 g powder
Calorific content	77 kJ (18 kcal)	460 kJ (108 kcal)	1533 kJ (361 kcal)
Fat	0.05 g	0.3 g	1 g
of which saturated fatty acids	0.04 g	0.2 g	0.7 g
Carbohydrate	0.05 g	0.3 g	1 g
of which Sugar	0.05 g	0.3 g	1 g
Protein	4.4 g	26.4 g	87 g
Salt	0.02 g	0.1 g	0.5 g
Amino acids			
Alanine	0.26 g	1.56 g	5.1 g
Arginine	0.10 g	0.60 g	1.9 g
Aspartic acid (Asparagine)	0.52 g	3.12 g	10.3 g
Cysteine	0.11 g	0.66 g	2.1 g
Glutamic acid (Glutamine)	0.86 g	5.16 g	17.2 g
Glycine	0.07 g	0.42 g	1.4 g
Histidine	0.08 g	0.48 g	1.5 g
Isoleucine*	0.32 g	1.92 g	6.3 g
Leucine*	0.52 g	3.12 g	10.4 g
Lysine*	0.47 g	2.82 g	9.3 g
Methionine*	0.11 g	0.66 g	2.1 g
Phenylalanine*	0.14 g	0,84 g	2.8 g
Proline	0.30 g	1.80 g	6.0 g
Serine	0.22 g	1.32 g	4.4 g

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Threonine*	0.35 g	2.1 g	6.9 g
Tryptophan*	0.09 g	0.54 g	1.7 g
Tyrosine	0.13 g	0.78 g	2.6 g
Valine*	0.28 g	1.68 g	5.6 g

* essential amino acids

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

The nutritional values are based on average data and are subject to natural variation in products with natural raw materials.

Recommended use:

1-3 x 1-2 measuring spoons (measuring spoon = 5 g) per day. 1 measuring spoon supplies 4.4 g of pure protein.

2 measuring spoons up to 3 times per day as an additive in meals depending on the protein requirements - sprinkle into sweet and savoury foods and drinks and stir in until completely dissolved.

Tip: An ideal baking ingredient and also perfect added to milk and fruit shakes, yoghurt, cereal and creamy soups!

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Contents 350 g powder (= 70 portions of 5 g)

Art. No. 1749

Eti0423