



Triple Perform Clear Whey Isolate Lemon Ice Tea flavour

Ready-to-mix whey protein isolate with lemon iced tea flavour and sweetener

Useful information: A special kind of flavour experience: refreshing, light and delicious. Our Clear Whey Isolate is a specially produced whey protein with a fresh lemon flavour - sugar-free and without artificial flavourings. The ideal alternative to conventional creamy protein shakes. Each portion contains 25 g of protein, which corresponds to an excellent protein content of 83%.

These proteins promote muscle protein synthesis and contribute to the development and maintenance of muscle mass and the preservation of normal bones. Targeted intake immediately after exercise supplies the muscles with important amino acids.

Ingredients: Whey Protein Isolate (97.5 %), natural flavouring, natural lemon flavouring, sweetener steviol glycosides from stevia, anti-foaming agent (rapeseed oil, sorbitan monostearate (emulsifiers), lecithin; silicon dioxide (separating agent)).

Average nutritional values	per portion (= 30 g)	per 100 g powder
Calorific content	433 kJ/ 102 kcal	1444 kJ / 340 kcal
Fat	0 g	0 g
of which saturated fatty acids	0 g	0 g
Carbohydrates	0.4 g	1.3 g
of which sugars	0 g	0 g
Protein	25 g	83 g
Salt	0.03 g	0.1 g

Amino acid composition	per portion (= 30 g)	per 100 g powder
Alanine	1.3 g	4.5 g
Arginine	0.5 g	1.6 g
Aspartic acid (asparagin)	2.6 g	8.6 g
Cysteine	0.5 g	1.8 g
Glutamic acid (glutamin)	4.4 g	14.7 g
Glycine	0.4 g	1.3 g
Histidine	0.4 g	1.3 g
Isoleucine	1.7 g	5.5 g
Leucine	2.5 g	8.3 g
Lysine	2.3 g	7.7 g
Methionine	0.5 g	1.8 g
Phenylalanine	0.7 g	2.2 g
Proline	1.6 g	5.2 g
Serine	1.2 g	4.1 g
Threonine	1.9 g	6.3 g
Tryptophan	0.4 g	1.3 g
Tyrosine	0.6 g	2.1 g
Valine	1.5 g	5.0 g

Recommended use:

Stir 4 measuring spoons (= 30 g) in 450 ml water for one portion. We recommend preparation in the easy shaker. Preferably in the mornings or after fitness training.

The consumption of Clear Whey Isolate does not replace a varied, balanced diet and a healthy lifestyle.

Not suitable for babies and children.

Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.



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

Made in Germany

Contents 400 g powder

produces 13 portions (30 g each)

Art. No. 2427

As at: Eti0325

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