



Sanct Bernhard Sport Whey protein 100 %

Ready-to-mix whey protein concentrate
Neutral in taste

Useful information:

For the simple preparation of a protein drink with nutritionally high-quality whey protein. Neutral in flavour, and free of aromas, colourings or sweeteners, this powder is ideal for the protein enrichment of meals or beverages.

Whey protein is absorbed highly effectively by the body, and supplies it with important amino acids. One portion supplies 24 g of protein, and contains small amounts of carbohydrates and fat, which is why the protein concentrate is an ideal companion during calorie-reduced nutritional phases. Furthermore, with a BCAA content of more than 5 g, plenty of branched chain, essential amino acids (valine, leucine and isoleucine) are provided, which play a decisive role in building up muscles. Sportspeople in particular can thus make an important contribution towards the efficient increase and retention of their muscle mass.

Whey protein 100 % is extracted in modern production facilities through gentle ultrafiltration. It features an excellent biological value of 104, which underlines the outstanding quality and guarantees its particularly easy exploitation by the body.

- 24 g protein per portion
- High BCAA content (>5 g per portion)
- Gluten-free, fructose-free
- Vegetarian

Ingredients: 100 % **Whey Protein Concentrate**. Contains lactose.

Average nutritional values:	per portion (= 30 g)	per 100 g powder
Calorific content	491 kJ (116 kcal)	1638 kJ (387 kcal)
Fat	1.7 g	5.5 g
of which saturated fatty acids	1.1 g	3.5 g
Carbohydrate	1.7 g	5.8 g
of which sugars	1.7 g	5.8 g
Protein	24 g	80 g
Salt	0.27 g	0.90 g
Amino acid profile		
Alanine	1.2 g	3.9 g
Arginine	0.6 g	1.9 g
Aspartic acid (asparagine)	2.7 g	9 g
Cysteine	0.5 g	1.7 g
Glutamic acid (glutamine)	4.1 g	13.7 g
Glycine	0.5 g	1.5 g
Histidine	0.4 g	1.4 g
Isoleucine**	1.6 g	5.4 g
Leucine**	2.5 g	8.3 g
Lysine**	2 g	6.8 g
Methionine**	0.5 g	1.8 g
Phenylalanine**	0.8 g	2.6 g
Proline	1.4 g	4.7 g
Serine	1 g	3.4 g



Threonine**	1.5 g	5.1 g
Tryptophane**	0.5 g	1.5 g
Tyrosine	0.7 g	2.2 g
Valine**	1.4 g	4.8 g
BCAA (leucine, isoleucine, valine)	5.5 g	18.5 g

*Nutritional values for one portion of 30 g powder with 300 ml water

**essential amino acids

Recommended use:

For one portion, stir 3 heaped measuring spoons (= 30 g) into 300 ml of water, milk or milk alternative. We recommend preparation in a comfort shaker. Preferably in the morning or after fitness training. Depending on taste preferences, stir into foods such as muesli, yoghurt and creamy soups or for use as a baking ingredient.

Tip for building up muscles: For a constant amino acid supply to the muscles during your sleep, we recommend that you consume whey protein 100% with milk prior to going to bed. The absorption of protein is thus expediently slowed down.

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

The consumption of Whey Protein 100 % is no substitute for a varied, balanced diet and a healthy lifestyle.

Not suitable for infants and children.

Made in Germany

Contents 1 kg for 33 portions of 30 g

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