Multi Protein 180

Product description

SPONSER Multi Protein 180 is a combination of high quality milk protein, hydrolysed whey protein (lactalbumin) and egg white proteins. This protein content, with its very high biological value (180) contributes to the constitution and maintenance of an efficient muscle mass. The range of amino acids, optimal for the muscle constitution, corresponds to the latest discoveries and thus represents the best possible support for power sportsmen and bodybuilders as well as for endurance sportsmen and all active people having an increased need for protein.

Advantages

- High quality base product guaranteeing a positive protein balance.
- Well balanced amino spectrum with high content of essential amino acids and BCAA.
- Minimises muscle reduction after work out and promotes the new formation of muscle.
- Delicious shake with 10 vitamins, calcium, magnesium and potassium.

Utilisation

Ideally to be taken throughout the day or after physical activities.

Ingredients

Protein powder, flavourings, magnesium carbonate, guar seeds flour, xanthan, aspartame, vitamins, ascorbic acid. Contains a source of phenylalanine.

Flavours / packaging / nutrition facts

Can of 375 g or	berry/vanilla
Can of 750 g or	banana
Can of 5 kg	strawberry
	coco/pineapple
	vanilla
	cappuccino
	chocolate

Multi Protein 180

nutrition facts		for 100 g powder
energy kJ (kcal)		1510 (355)
proteins		81
carbohydrates		7
fat		0.4
vitamins	**per 100 g powder**	**%ETD***
E	10 mg	100%
C	60 mg	100%
B1	1.4 mg	100%
B2	1.6 mg	100%
B6	2 mg	100%
B12	1 µg	100%
niacin	18 mg	100%
folic acid	200 µg	100%
biotin	150 µg	100%
pantothenic acid	6 mg	100%
minerals		
calcium	475 mg	59%
magnesium	255 mg	85%

*recommended daily intake

amino acids per g of pure protein		
essentials	histidine	31.4 mg
	isoleucine	59.5 mg
	leucine	108.3 mg
	lysine	91.7 mg
	methionine + cysteine	46.7 mg
	phenylalanine + tyrosine	117.8 mg
	threonine	55.3 mg
	tryptophan	17.4 mg
	valine	72.2 mg
non-essentials	alanine	30.2 mg
	arginine	31.4 mg
	aspartic acid	66.8 mg
	glutamic acid	137.2 mg
	glycine	17.4 mg
	proline	66.6 mg
	serine	50.4 mg

Biological value (by Oser): 180 (whole egg=155)
Total BCAA (leucine, isoleucine, valine): 240 mg/g of pure protein