Multi Protein

Cross Flow Filtration

Product description

Multi Protein is a multi component egg white based on high quality milk- and whey proteins from cross flow microfiltration as well as ovalbumin. The physical preparation process through ultra- and micro filtration guarantee the natural quality of the protein and provide highest biological value. According to the latest scientific researches, the specific combination of protein sources supply an optimal amino acid profile, support the muscle constitution and regeneration.

Enriched with the free amino acid L-leucine. L-leucine has a signal character and affects the build up of muscle protein positively.

Advantages

- High quality basic product to secure a positive protein balance
- Adequate amino acid supply with a high content of essential amino acids including BCAA
- Minimises the muscle degeneration after exercising and promotes the muscle build up
- Delicious shake with 10 vitamins, calcium, magnesium and potassium

Utilisation

Ideally, spread the intake over the day or after exercising. Mix approximately 2 measuring spoons (20 g) + 250 ml milk in the shaker. For preparation with water, increase quantity of powder.

Ingredients

Protein powders 96% (milk protein from cross-flow ultrafiltration, lactalbumin from cross flow microfiltration, egg albumin), flavours, L-leucine, magnesium carbonate, guar gum and xanthan, acesulfam K and neotame, vitamins, ascorbic acid.

SPONSER SPORT FOOD

POWER

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Flavours / Packaging / Nutrition Facts

Banana, Strawberry, Vanilla, Chocolate	Jar of 425 g
Banana, Strawberry, Coco-Pineapple, Vanilla, Cappuccino, Chocolate	Jar of 850 g

nutrition facts		**per 100 g powder**
energy kJ (kcal)		1525 (360)
proteins		80 g
carbohydrates		6.0 g
- of which sugars		4.0 g
fat		0.9 g
- of which saturated fatty acids		0.5 g
fibres		1.2 g
sodium		0.38 g
vitamins	**per 100 g powder**	**%RDA***
E	12 mg	100%
C	80 mg	100%
B1	1.1 mg	100%
B2	1.1 mg	100%
B6	1.4 mg	100%
B12	2.5 µg	100%
niacine	16 mg	100%
folic acid	200 µg	100%
biotine	50 µg	100%
pantothenic acid	6.0 mg	100%
minerals	**per 100 g powder**	**%RDA***
calcium	1200 mg	150%
magnesium	300 mg	80%
potassium	500 mg	25%
phosphorus	750 mg	107%

*recommended daily intake

Amino acids per 100 g of pure protein		
essential	Histidine	2.5 g
	Isoleucine	5.6 g
	Leucine	11.6 g
	Lysine	8.6 g
	Methionine + Cysteine	4.8 g
	Phenylalanine + Tyrosine	9.2 g
	Threonine	5.0 g
	Tryptophane	1.7 g
	Valine	6.3 g
non-essential	Alanine	4.2 g
	Arginine	3.7 g
	Aspargic acid	9.6 g
	Glutamic acid	19.8 g
	Glycine	2.0 g
	Proline	7.8 g
	Serine	5.3 g

Biological value (after Oser): 165 (whole egg 155)

Total BCAA (leucine, isoleucin, valine): 235 mg/g of pure protein

Quick information	lactose-free	gluten-free	acid-free	no artificial sweeteners	no colorants	no preservatives
MULTI PROTEIN		X	X		X	X