

PRO

CASEIN

100% MICELLAR PROTEIN QUALITY

VANILLA



QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



CASEIN, DERIVED FROM CROSS-FLOW MICROFILTRATION (MILK PROTEIN ISOLATE). WITH SWEETENER, VANILLA FLAVOURED.

PRODUCT DESCRIPTION

Micellar casein (milk protein isolate), derived from cross-flow microfiltration (CFM) for the highest available, native protein quality. Contains naturally calcium, phosphorus and potassium.

Casein (lat. Caseus) is the insoluble protein fraction from milk and contains naturally different kinds of protein (α S1-, α S2, β - und κ -Casein). Characteristically is its slow stomach depletion and therefore its long lasting amino acid flux into the blood.

In sports nutrition casein is preferably used as bed time protein.

Protein contributes to growth and maintenance of muscle mass. Calcium and potassium contribute to normal muscle function.

ADVANTAGES

- micellar casein from cross-flow microfiltration
- long lasting amino acid provision
- naturally rich in calcium, phosphorus and potassium
- BCAA total (2808 mg BCAA/Portion 13.5 g)

USE

Its slow digestion is a natural property of casein. To get a long lasting amino acid flux during the fasting night phase, it is recommended to take casein before bed time or for recovery reasons directly after activity.

As part of a varied and balanced diet and a healthy lifestyle.

2 ½ scoops (approx. 20 g) + approx. 300 ml of milk. If preparing with water, increase amount of powder.

PRO

CASEIN

SEITE 2

INGREDIENTS

Microfiltrated **casein** 96%, flavours, vanilla extract 0.4%, vanilla beans 0.2%, sweetener sucralose.

FLAVOURS/PACKAGING

Vanilla Jar 850 g 42 port.
Chocolate Jar 850 g 42 port.

NUTRITION FACTS

| | PER 100 G POWDER | | 1 PORTION** | |
|--------------------------------|------------------|-------|-------------|-------|
| energy kJ (kcal) | 1530 (360) | | 720 (170) | |
| fat | 1.5 g | | 0.6 g | |
| of which saturated fatty acids | 0.8 g | | 0.3 g | |
| carbohydrates | 6.8 g | | 15 g | |
| of which sugars | 4.4 g | | 14 g | |
| fibres | 0 g | | 0 g | |
| protein | 80 g | | 26 g | |
| salt *** | 0.50 g | | 0.40 g | |
| MINERALS | | %NRV* | | %NRV* |
| calcium | 2400 mg | 300% | 840 mg | 105% |
| phosphorus | 1540 mg | 220% | 575 mg | 82% |
| potassium | 385 mg | 19% | 520 mg | 26% |

* nutrient reference values

**1 Portion = 20 g + 300 ml skim milk (0.1% fat). 100 ml of the preparation contains 240 kJ (57 kcal).

*** calculated from natural sodium content, no salt added.

| AMINO ACIDS PER 100 G PURE PROTEIN | | |
|------------------------------------|------------------------|--------|
| NON-ESSENTIAL | Histidin | 2.9 g |
| | Isoleucin | 5.4 g |
| | Leucin | 9.5 g |
| | Lysin | 8.1 g |
| | Methionin + Cystin | 3.1 g |
| | Phenylalanin + Tyrosin | 9.9 g |
| | Threonin | 4.7 g |
| | Tryptophan | 1.6 g |
| | Valin | 6.7 g |
| ESSENTIAL | Alanin | 3.2 g |
| | Arginin | 3.7 g |
| | Asparaginsäure | 7.1 g |
| | Glutaminsäure | 22.5 g |
| | Glycin | 1.9 g |
| | Prolin | 11.5 g |
| | Serin | 5.7 g |

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