

WHEY ISOLAT

NUTRITION FACTS

	per 100 g powder		Per Portion	
energy kJ (kcal)	1530 (360)		306 (72)	
fat	< 0.5 g		<0.1 g	
of which saturated fatty acids	< 0.3 g		0 g	
carbohydrates	0.2 g		<0.1 g	
of which sugars	0.2 g		<0.1 g	
fibres	0 g		0 g	
proteins	90 g		18 g	
salt	0.3 g		0.06	
minerals		%NRV*		%NRV
calcio	500 mg	63%	500 mg	63%
magnesium	70 mg	19%	70 mg	19%
phosphorus	180 mg	26%	180 mg	26%
potassium	300 mg	15%	300 mg	15%

* nutrient reference values

***calculated from natural sodium content (310 mg/100 g), no salt added.

amino acids (per 100 g pure protein)		
ESSENTIAL	histidine	1.9 g
	isoleucine	7.1 g
	leucine	11.6 g
	lysine	10.1 g
	methionine + cysteine	4.3 g
	phenylalanine + tyrosine	6.6 g
	threonine	8.3 g
	tryptophane	2.0 g
	valine	6.2 g
NON-ESSENTIALS	alanine	5.5 g
	arginine	1.9 g
	aspartic acid	11.5 g
	glutamic acid	20.5 g
	glycine	1.7 g
	proline	6.1 g
	serine	4.6 g

BCAA (leucine, isoleucine, valine): 250 mg/g pure protein
 biological value (according Oser): 170 (Vollel/oeuf
 entier/whole egg = 155)