

CASEIN

100% MICELLAR PROTEIN QUALITY

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
phosphorus	1540 mg	220%	575 mg
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