



Sanct Bernhard Sport Whey protein 100 %

Neutral in taste

Nutritional supplement with whey protein concentrate

Useful information:

For targeted nutritional supplementation with nutritionally-valuable, high-quality whey protein. Neutral in flavour, and free of aromas, colourings or sweeteners, this powder is ideal for the protein enrichment of meals or beverages.

Whey protein is absorbed highly effectively by the body, and supplies it with important amino acids. One portion supplies 24 g of protein, and contains small amounts of carbohydrates and fat, which is why the protein concentrate is an ideal companion during calorie-reduced nutritional phases. Furthermore, with a BCAA content of more than 5 g, plenty of branched chain, essential amino acids (valine, leucine and isoleucine) are provided, which play a decisive role in building up muscles. Sportspeople in particular can thus make an important contribution towards the efficient increase and retention of their muscle mass.

Whey protein 100 % is extracted in modern production facilities through gentle ultrafiltration. It features an excellent biological value of 104, which underlines the outstanding quality and guarantees its particularly easy exploitation by the body.

- 24 g protein per portion
- High BCAA content (>5 g per portion)
- Gluten-free, fructose-free

Ingredients: 100 % **Whey Protein Concentrate.** Contains lactose and milk products.

Average nutritional values:	per portion (= 30 g)	per daily dose (= 60 g)	per 100 g powder
Calorific content	491 kJ (116 kcal)	982 kJ (232 kcal)	1638 kJ (387 kcal)
Fat	1.7 g	3.4 g	5.5 g
of which saturated fatty acids	1.1 g	2.2 g	3.5 g
Carbohydrate	1.7 g	3.4 g	5.8 g
of which sugars	1.7 g	3.4 g	5.8 g
Protein	24 g	48 g	80 g
of which			
Alanine	1.2 g	2.4 g	3.9 g
Arginine	0.6 g	1.2 g	1.9 g
Aspartic acid (asparagine)	2.7 g	5.4 g	9 g
Cysteine	0.5 g	1 g	1.7 g
Glutamic acid (glutamine)	4.1 g	8.2 g	13.7 g
Glycine	0.5 g	1 g	1.5 g
Histidine	0.4 g	0.8 g	1.4 g
Isoleucine*	1.6 g	3.2 g	5.4 g
Leucine*	2.5 g	5 g	8.3 g
Lysine*	2 g	4 g	6.8 g
Methionine*	0.5 g	1 g	1.8 g
Phenylalanine*	0.8 g	1.6 g	2.6 g
Proline	1.4 g	2.8 g	4.7 g
Serine	1 g	2 g	3.4 g
Threonine*	1.5 g	3 g	5.1 g
Tryptophane*	0.5 g	1 g	1.5 g
Tyrosine	0.7 g	1.4 g	2.2 g

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Valine*	1.4 g	2.8 g	4.8 g
BCAA (leucine, isoleucine, valine)	5.5 g	11 g	18.5 g
Salt	0.27 g	0.54 g	0.90 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

* essential amino acids

Recommended use:

1–2 x daily 1 portion (4 slightly heaped measuring spoons = approx. 30 g). Preferably in the mornings or after fitness training.

Depending on taste preferences, stir into foods such as muesli, yoghurt and creamy soups or for use as a baking ingredient.

Alternative: Dissolve 4 slightly heaped measuring spoons (approx. 30 g) in 300 ml water, milk or fruit-shake. Can be effectively mixed using the Sanct Bernhard Sport Comfort Shaker!

Tip for building up muscles: For a constant amino acid supply to the muscles during your sleep, we recommend that you consume whey protein 100% with milk prior to going to bed. The absorption of protein is thus expediently slowed down.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 1.2 kg (= 40 portions of 30 g)

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[www. sanct-bernhard-sport.com](http://www.sanct-bernhard-sport.com)