

**Aspartame Free
Whey Protein
Low Fat**

**for lean muscle growth
for recovery after exercise
for maintaining energy levels**

DIRECTIONS

Add 6 heaped dessertspoons (100g) to one pint of water. For best results use a blender, shaker or shake in a screw topped jar. Otherwise mix with a fork. We recommend mixing with water. You may wish to use milk, but this is less nutritionally accurate and less economical than mixing with water. Take immediately after exercise, and at any time when your protein and carbohydrate intake is low. Not recommended before exercise.

INGREDIENTS

Whey Protein concentrate, maltodextrin, natural flavour.

NUTRITIONAL INFORMATION (dry powder)

		Per 100g Serving
Protein		35.5g
Fat		4g
Carbohydrate		50g
ENERGY	Kilojoules	1151KJ
	Kilocalories	369KCal

Grams of Amino Acids per 100g of protein			
Glycine	2.0	Phenylalanine ¹	3.7
Alanine	3.5	Tryptophan ¹	2.9
Valine ^{1,2}	5.3	Proline	6.0
Leucine ^{1,2}	12.8	Methionine ¹	2.2
Isoleucine ^{1,2}	5.5	Cysteine	2.2
Serine	4.8	Lysine ¹	9.9
Threonine ¹	5.5	Histidine	2.1
Tyrosine	3.8	Arginine ¹	3.6
Aspartic Acid	8.5	Glutamate/ Glutamine	14.8

1- Essential amino acids, 2- Branched chain amino acids
PLEASE NOTE:- Tryptophan from natural source.

After your workout it is vital to replace the glycogen which gives your muscles their lean mass and energy. According to current research, the protein requirement of athletes is approximately 1.2 - 1.8g / kg body weight, compared with 0.8 - 0.9g / kg body weight for less active individuals. For heavy athletes, this extra requirement is especially important.

Studies have shown that the inclusion of protein in sports recovery drinks can improve recovery and reduce post exercise stress after strenuous training. Glycogen is the stored form of glucose which is used as an energy source in muscles. It is also the main component of lean muscle mass. Muscle glycogen can usually provide sufficient energy for about 45 minutes of high intensity exercise. Once these reserves are used up, muscles become fatigued and more sensitive to cramps. You must replace your muscle glycogen immediately after exercise - to feel fit and be ready to exercise the following day. The rate of post-exercise muscle glycogen synthesis is 40-50% faster with carbohydrate / protein mixtures compared with carbohydrate-only drinks. The presence of protein appears to enhance insulin secretion (primarily influenced by the carbohydrates), producing an increased rate of muscle glycogen synthesis.

Your guarantee of quality

Nutrisport manufacture all their own supplements in their EEC registered milk processing factory, shown by the oval HEALTHMARK symbol. We process no hormones, steroid precursors, meat products or stimulants on our plant, nor any substance banned under IOC drugs testing rules. This is the only UK brand that can make all of these claims at time of writing.

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