

**Aspartame Free  
Whey Protein  
with Creatine**

**1100 Calories per serving  
over 100 grams of protein  
low fat - calories from carbohydrate and protein**

Highest quality milk protein and complex carbohydrate plus 9g of CREATINE and 18g of BRANCHED CHAIN AMINO ACIDS per 300g minimum daily serving. Ideal for those who have a fast metabolism, lean physique, and find it difficult to bulk up with their normal calorie intake.

To gain weight, it is advisable to increase the number of meals per day. You can do this by taking NUTRISPORT Weight Gain between your normal meals, with snacks, and before bedtime.

CONTAINS NO ADDED FAT OR SALT.

(For those who require muscle / strength improvement without gaining weight, we recommend NUTRISPORT 90+ Protein which is low in fat and sodium.)

Can be taken in conjunction with NUTRISPORT MEGA PAK which contains all vitamins and minerals in a single monthly program.

This is a low fat weight gain drink. Calorie values are lower than some other brands which are high in fat. Most of the energy in this product comes from carbohydrate and protein, rather than from fat.

**NUTRITIONAL INFORMATION**

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

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

**DIRECTIONS**

Add 6 heaped dessertspoons (100g) to 1 pint of water. For best results use a blender, shaker or shake in a screw topped jar. Otherwise mix with a fork. You may wish to use milk, but this is less nutritionally accurate and less economical than mixing with water. Take this 100g serving 2 or more times per day in addition to your normal meals, especially in between meals and before sleeping.

**INGREDIENTS**

Ion exchange microfiltered whey protein isolate, maltodextrin, creatine, branched chain amino acids (L-leucine, L-isoleucine, L-valine), flavour (nature identical), colour (carmoisine).

**NUTRITIONAL INFORMATION (dry basis)**

	Per 100g	Per 300g daily serving
Energy Kilojoules	1551KJ	4653KJ
Kilocalories	369KCal	1107KCal
Protein	35.5g	106.5g
Carbohydrates	50g	150g
Fat	4g	12g
(Creatine Monohydrate)	3g	9g
(Branched Chain Amino Acids)	6g	18g

**Your guarantee of quality**

Nutrisport manufacture all their own supplements in their EEC registered milk processing factory, shown by the oval HEALTH-MARK 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. Contains no nuts, soya or meat products. May contain gluten as it is made on the same plant as some vegan products.

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**NUTRISPORT®**



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