

**Aspartame Free  
Nutritionally Complete Protein  
Pure Cross Flow Microfiltered**

Pre-digested WHEY PROTEIN is considered to be the most nutritionally complete protein available to athletes and bodybuilders. easily absorbed and high in essential amino acids for rapid conversion into muscle tissue.

Protein is digested to peptides which are the preferred form for absorption by the body, particularly when stressed<sup>1,2</sup>.

NUTRISPORT PURE WHEY (with flavour and sweetener) exceeds the World Health Organization Essential Amino Acid Requirement Reference Patterns<sup>3</sup> and has a higher biological value than egg, soya, casein or normal heat treated whey.

**\* No heat treatment to denature protein**

**\*Perfect ratios of essential and nonessential amino acids**

**\*Low glycaemic index- Ideal for pre-contest prep**

**\*Highest levels of anticatabolic amino acid profile is Branched Chain Amino Acids**

**\*Low Fat - Low Lactose - Low Calorie - Low Sodium**

<sup>1</sup> Zaloga G P **Physiological Effects of Peptide based Enteral Formulae**. Nutrition in Clinical Practice 1990; 5:231-237

<sup>2</sup> Adibi S A **American journal of Clinical Nutrition** 1976; 205-211.

<sup>3</sup> **FAO/UNU/WHO- World Health Organisation- Essential Amino Acid Requirements Reference Patterns**. Rome 1989. Geneva 1985.

<sup>4</sup> Buonos G, kongshaven P, and Gold P. **The immunoenhancing property of dietary whey protein concentrate**. *clinical and Investigative Medicine*, 1988; 11: 271-278.

<sup>5</sup> Simon H. **The immunology of exercise; a brief review**. *Journal of the American medical Association*. 1984; 252:2735-2738.

**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. Contains no nuts, soya or meat products. May contain gluten as it is made on the same plant as some vegan products. All our products are routinely analyzed by independently accredited laboratories. To view certificates visit [www.nutrisport.co.uk](http://www.nutrisport.co.uk). ©Nutrisport Ltd, 2003

**With Added Glutamine  
Low Fat - Low Lactose  
Low Calorie - Low Sodium**

**DIRECTIONS**

Add 3 heaped dessertspoons (40g) to a small amount of water. Make a paste, then dilute. For a quicker, creamier drink use a blender or shake in a screw topped jar. Powder should be stored in a cool dry place.

**INGREDIENTS**

Cross flow microfiltered whey protein isolate (85% protein based on dry matter), flavour (nature identical), sweetener (cyclamate), glutamine.

Free from Genetically Modified Materials.

**NUTRITIONAL INFORMATION (dry basis)**

	Per 100g	Per 40g daily serving
Energy Kilojoules	1692KJ	677KJ
Kilocalories	402KCal	161KCal
Protein	84g	33g
Carbohydrates	5.5g	2.4g
Fat	6.5g	
	2.6g	



*\*the above results are determined in the absence of water which may compromise up to 5% as the powder absorbs water from the atmosphere*

Protein Efficiency ratio (PER) = 3.0

Grams of Amino Acids per 100g of protein			
Glycine	2.4	Phenylalanine 1	5.2
Alanine	3.7	Tryptophan 1	1.4
Valine 1,2	6.9	Proline	7.1
Leucine 1,2	7.1	Methionine 1	2.4
Isoleucine 1,2	5.8	Cysteine	2.4
Serine	3.9	Lysine 1	6.9
Threonine 1	3.7	Histidine	2.2
Tyrosine	2.3	Arginine 1	3.5
Aspartate/ Asparagine	10.1	Glutamate/ Glutamine	21.1

1- Essential amino acids, 2- Branched chain amino acids

PLEASE NOTE:- Tryptophan from natural source



Great George Street, Wigan, Lancashire WN3 4DL, UK  
 website: [www.nutrisport.co.uk](http://www.nutrisport.co.uk)  
 e-mail address: [technical@nutrisport.co.uk](mailto:technical@nutrisport.co.uk)  
 NUTRISPORT is a registered Trade mark