

# be your best PROTEIN

## WHAT IS IT?

Be your best Whey and Micellar Casein Protein

## BENEFITS

Calorie Free sweetener (aspartame free)  
Low in fat and carbohydrate  
Supports muscle growth/reduces muscle breakdown  
High BV Whey Protein Isolate  
Slow Digest MICELLAR CASEIN  
Quick but prolonged release of amino acids to muscles  
HIGHEST PROTEIN PERCENTAGE OF ANY PROTEIN SUPPLEMENT IN ITS CLASS

## DIRECTIONS

Add 2 heaped scoops (53g) to 1 pint of water. For best results use a blender, shaker or shake in a screw topped jar, otherwise mix with a fork. Use as an additional protein source between meals, before sleeping and on waking. May also be used as a meal replacement to replace not more than 1 meal per day.

## INGREDIENTS

Undenatured Cross-Flow Microfiltered Whey Protein Isolate (65%), Isolated Undenatured Micellar casein (33%), stabiliser (pea fibre), sweetener (cyclamate), natural flavour.

## ALLERGY INFORMATION

This product contains dairy ingredients (whey, casein) and a small amount of pea fibre added to stabilise it in liquid, making a smoother drink.

CONTAINS NO NUTS, NO SOYA, NO WHEAT, NO MEAT PRODUCTS

## NUTRITIONAL INFORMATION (dry basis\*)

	Per 100g	Per 53g serving	Per 53g with 300ml skimmed milk
ENERGY Kilojoules	1608kj	852.2Kj	1290.2
ENERGY Kilocalories	376Kcal	199.2Kcal	301.2
Protein	86g	45.58g	55.78
Carbohydrates	6.8g	3.6g	18.6
(of which is sugars)	4.8g	2.5g	17.5
Fat	2.8g	1.48g	1.78
(of which is saturated)	2.8g	1.48g	1.66
Fibre	1.9g	1.0g	1.0
Sodium	0.09g	0.047g	0.218

\*the above results are determined in the absence of water, which may comprise up to 6% as the powder absorbs moisture from the atmosphere.

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## GRAMS OF AMINO ACIDS PER 100G OF PROTEIN

Glycine	27g	Valine 1,2	6.9g	Isoleucine 1,2	5.9g
Theonine 1	3.9g	Aspartic acid	10.2g	Tryptophan 1	1.4g
Methionine 1	2.3g	Lysine 1	7.3g	Arginine 1	3.4g
Alanine	3.8g	Leucine 1,2	6.8g	Serine	4.4g
Tyrosine	2.2g	Phenylalanine 1	4.8g	Proline	7.4g
Cysteine	1.5g	Histidine	2.2g	Glutamine/Glutimate	17.1g

1 – Essential amino acids:

2 – Branched chain amino acids

PLEASE NOTE; - Tryptophan from natural source

## FOR LEAN MUSCLE GROWTH

The protein requirements 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 requirements is especially important. Muscle mass is increased by the rate of anabolism (growth), and decreased by the rate of catabolism (breakdown) during exercise. Whey protein is absorbed quickly, having a very high biological value and an anabolic effect that last a couple of hours. Micellar Casein is absorbed much more slowly, giving a sustained anti-catabolic action. It has therefore been recommended to take Whey Protein Isolate in the morning, and Micellar Casein (but not any denatured casein) last think at night. So Be your best Protein provides the best of both for muscle growth at any time of the day or night.

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