PROTEIN XTR®

PROTEIN FOOD SUPPLEMENT

FOR INTENSE MUSCULAR EXERTION

- A BALANCED BLEND OF WPI AND WPC FOR SEQUENTIAL RELEASE
- COMPLETE AMINO ACID PROFILE, HIGH IN BCAA (22%)
- HIGH BIOLOGICAL VALUE (104)
- INSTANTANEOUSLY SOLUBLE
- EXTREMELY DIGESTIBLE
- PLEASANT AND NATURAL TASTE
- NO ADDED SUGARS

PACKAGE: 500 g BAG WITH MEASURING SCOOP AND GUARANTEE SEAL.

Available flavours:

Cocoa | Tropical Yogurt | Vanilla

RECOMMENDED FOR

- People who do intense exercise
- Athletes who need to strengthen and sustain muscle mass

WHEN TO USE PROTEIN XTR®

Warnings: food supplements are not intended as substitutes of a varied, balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Do not use in pregnancy, in children or for long periods without your doctor's advice. Keep out of reach of children under the age of 3. Store in a cool, dry place. The best before end date applies to the product in its intact container when stored as directed. This product is tested free from nandrolone and testosterone, with their precursors, free from Beta2-2agonists, amphetamines and ephedrines.

FEATURES

Protein XTR® is a high protein food supplement made exclusively from whey proteins. It is useful for the diet of athletes who train daily and it is suitable in case of increased protein requirements. This product is highly digestible with a natural, pleasant taste. Technology used (cross flow ultra filtration and micro filtration) concentrates polypeptides, lactoglobulins, lactoferrin and a high BCAA concentration and guarantees a high solubility, which facilitates daily use of the product. Vitamin B6, which is contained in this product, contributes to normal protein and glycogen metabolism, normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Proteins contribute to the growth and maintenance of muscle mass and to the maintenance of normal bones. This product is Gluten-free, therefore is suitable for the diet of people with celiac disease.

INDICATIONS

Protein XTR® is suitable for sports activities requiring intense muscular exertion. It can be useful also in low-calorie diets, to contribute to the maintenance of muscle mass.

HOW TO USE AND RECOMMENDED DAILY DOSE

30 g of product per day (3 measuring scoops). Take it between meals, dissolved in approximately 250 ml of water or milk.

INGREDIENTS CACAO

Isolated and concentrated whey proteins, Cocoa powder, Nutriose® resistant dextrins (soluble fibre), Emulsifier: soy lecithin; Flavouring, Sweetener: sucralose; Vitamin B6 (pyridoxine hydrochloride).

INGREDIENTS TROPICAL YOGURT

Isolated and concentrated whey proteins, Nutriose® resistant dextrins (soluble fibre), Flavouring, Isomaltulose*, Emulsifier: soy lecithin; Sweetener: sucralose; Vitamin B6 (pyridoxine hydrochloride).
*Isomaltulose is a source of glucose and fructose.

INGREDIENTS VANILLA

Isolated and concentrated whey proteins, Emulsifier: soy lecithin; Nutriose® resistant dextrins (soluble fibre), Flavouring, Sweetener: sucralose; Vitamin B6 (pyridoxine hydrochloride).

Amino acid content (in g) per 100 g powder	
Alanine	4.1
Arginine	2.3
Aspartic acid	9.2
Cysteine*	2.1
Glutamic acid	14.8
Glycine	1.6
Histidine*	1.6
Isoleucine*	4.9
Leucine*	9.1
Lysine*	7.9
Methionine*	1.6
Phenylalanine*	2.8
Proline	4.9
Serine	4.6
Threonine*	6.3
Triptophan*	1.2
Tyrosine*	2.6
Valine*	4.9

Protein Quality Index	
PDCAAS	1
Biological Value	104
BCAA	22%
EAA	46%

Protein Fraction	
Beta-lattoglobuline	45%
Alfa-lattoglobuline	14%
Glicomacropeptide	14%
Siero albumina	1.2%
Immunoglobuline G	1.2%
Immunoglobuline A	0.44%
Lattoferrina	0.25%

NRV: Nutrient Reference Values (adults) according to Reg. (EU) No 1169/2011

NUTRITIONAL INFORMATION COCOA

	Per 100 g	Per dose (30 g)
Energy		
Kcal	428	128
kJ	1792	536
Typical Values		
Fat of which saturates	8.1 g 5.2 g	2.4 g 1.5 g
Carbohydrate of which sugars	8.2 g 6.9 g	2.5 g 2.1 g
Fiber	5.13 g	1.54 g
Protein	76.1 g	22.8 g
Salt (Nax2.5)	0.46 g	0.14 g
Vitamin B6	1.4 mg (100% NRV)	0.4 mg (29% NRV)

NUTRITIONAL INFORMATION TROPICAL YOGURT

	Per 100 g	Per dose (30 g)
Energy		
Kcal	432	130
kJ	1809	544
Typical Values		
Fat of which saturates	7.6 g 5.4 g	2.3 g 1.6 g
Carbohydrate of which sugars	8.2 g 7.6 g	2.5 g 2.3 g
Fiber	2.5 g	0.75 g
Protein	80.1 g	24 g
Salt (Nax2.5)	0.5 g	0.15 g
Vitamin B6	1.4 mg (100% NRV)	0.4 mg (29% NRV)

NUTRITIONAL INFORMATION VANILLA

	Per 100 g	Per dose (30 g)
Energy		
Kcal	430	129
kJ	1815	544
Typical Values		
Fat of which saturates	8.3 g 4.5 g	2.5 g 1.3 g
Carbohydrate of which sugars	7.7 g 7.2 g	2.3 g 2.2 g
Fiber	2.5 g	0.7 g
Protein	80 g	24 g
Salt (Nax2.5)	0.43 g	0.13 g
Vitamin B6	1.4 mg (100% NRV)	0.42 mg (29% NRV)

Product and brand owned by ES Italia S.r.l.