

100% ALL Beef ST

THE ONLY BEEF CONCENTRATE IN THE WORLD WITH OWN SCIENTIFIC STUDIES*

VANILLA

The unique hydrolyzed beef protein in the world, All Beef®

100% All Beef ST is the first and UNIQUE protein supplement made from pure lean meat from Argentine beef. This

is UNIQUE hydrolyzed (pre-digested) beef concentrate ul-

tra-fast absorbing and rapid assimilation proteins, reaching

the bloodstream in 15 minutes (Naclerio, F. et al. In preliminary studies of the quality and composition of the raw ma-

terial All Beef® (2.015) from Pennings, B. et al., AJCN. 2.013),

and very important minerals as magnesium, heme iron and

zinc among others, essential fatty acids and all obtained in

100% All Beef ST has been analyzed in top level scientific

studies* by the University of Greenwich, led by Dr. Fernan-

do Naclerio. The studies have been developed in strength

and endurance sports (master triathletes) obtaining supe-

rior results compared to whey protein isolate and carbo-

hydrates: greater strength, power and muscle mass gain, better recovery, improvement of the immune system and

is high in essential amino acids, vitamins B group and D,

- · With its own scientific studies* that guarantees its effectiveness
- Hydrolyzed: ultra-fast absorption
- · Delicious taste
- Gluten and Allergens Free



3°) Females consuming 100% All Beef ST increased iron stores and platelets, while those ingesting whey were unable to maintain specific RBC (red blood count) indices. (Kosha, J. et al., JHSE. 2.018).

4°) The supplementation itself with the 100% All Beef ST has shown a greater adaptive response of the immune system, when ingested together with carbohydrates, due to a decrease in HNP1-3 (marker of humoral immunity), which indicates a lower risk of infection. (Naclerio, F. et al., EJAP. 2.016).

And like all Crown Sport Nutrition® products with spectacular taste and digestibility, although the texture of 100% All Beef ST is not water soluble as it comes from pure beef muscle.

increase of iron and ferritin. *Conclusions of the studies:

a 100% NATURAL way.

1°) Ingesting 100% All Beef ST beverage after workout or before breakfast (non-training days) can be effective in preserving thigh muscle mass and in improving iron status in male master-age triathletes. (Naclerio, F. et al., JACN. 2.017). 2°) Protein-carbohydrate supplementation supports fatfree mass accretion and lower body hypertrophy. 100% All Beef ST promotes upper body hypertrophy along with similar performance outcomes as observed when supplementing with whey isolate or maltodextrin. (Naclerio, F. et al., IJSNEM. 2.017).

*References of our own studies:

1°) Naclerio, F. et al. "Effects of Supplementation with Beef or Whey Protein Versus Carbohydrate in Master Triathletes". International Journal of the American College of Nutrition. 2.017. 2°) Naclerio, F. et al. "Carbohydrates Alone or Mixing With Beef or Whey Protein Promote Similar Training Outcomes in Resistance Training Males: A Double Blind, Randomized Controlled Clinical Trial". International Journal of Sport Nutrition and Exercise Metabolism. 2.017.

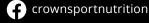
3°) Kosha, J. et al. "Case studies: Effects of beef, whey and carbohydrate supplementation in female master triathletes". Journal of Human Sport and Exercise. 2.018.

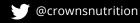
4°) Naclerio, F. et al. "Effects of protein–carbohydrate supplementation on immunity and resistance training outcomes: a double-blind, randomized, controlled clinical trial". European Journal of Applied Physiology. 2.016.



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in Crown Sport Nutrition

Collaborators:











Ingredients: (96%) Concentrated hydrolyzed beef extract (All Beef®), flavoring, sweeteners: sucralose, acesulfame-K.

Instructions for use: mix 10 g (1 scoop) in 250 ml of water or sweet drinks. It is not 100% water-soluble due to the naturalness of the All Beef Protein Concentrate. Stir slightly before each intake.

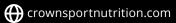
Available flavors: Vanilla.

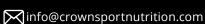
Available formats: tin of 200 g (20 servings of 10 g).

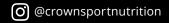
NUTRITIONAL INFORMATION	Per 10	Per 100 g		Per serving of 10 g		%NRV*
Energy	1.672	kJ		167	kJ	
	396	kcal		40	kcal	
Fat	7,4	g		0,7	g	
of which sat. fatty Acids	4,0	g		0,4	g	
Carbohydrates	3,5	g		< 0,5	g	
• of which Sugars	0	g		0	g	
Protein	79	g		7,9	g	
Salt	0,82	g		0,08	g	
VITAMINS						
Vitamin D	1,2	μg	24	0,12	μg	2
Niacin (Vit. B3)	110	mg	688	11	mg	69
Vitamin B6	0,31	mg	22	0,03	mg	2
Folic acid (Vit. B9)	84,7	μg	42	8,47	μg	4
Vitamin B12	3,3	μg	132	0,33	μg	13
Pantotenic Ac. (Vit. B5)	1,1	mg	18	0,11	mg	2
MINERALS						
Potassium	1.224	mg	61	122	mg	6
Phosphorus	773	mg	110	77,3	mg	11
Magnesium	74,2	mg	20	7,42	mg	2
Iron (heme)	16	mg	114	1,6	mg	11
Zinc	19	mg	190	1,9	mg	19
Selenium	24	μg	44	2,4	μg	4

^{*%} NRV: Nutrients Reference Values

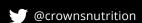














Collaborators:









