

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



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 ultra-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 material All Beef® (2.015) from Pennings, B. et al., AJCN. 2.013), is high in essential amino acids, vitamins B group and D, and very important minerals as magnesium, heme iron and zinc among others, essential fatty acids and all obtained in a 100% NATURAL way.

100% All Beef ST has been analyzed in top level scientific studies* by the University of Greenwich, led by Dr. Fernando Naclerio. The studies have been developed in strength and endurance sports (master triathletes) obtaining superior results compared to whey protein isolate and carbohydrates: greater strength, power and muscle mass gain, better recovery, improvement of the immune system and increase of iron and ferritin.

*Conclusions of the studies:

1º) 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).
 2º) Protein-carbohydrate supplementation supports fat-free 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).

3º) 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).

4º) 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.

*References of our own studies:

- 1º) 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.
- 2º) 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.
- 3º) 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.
- 4º) 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.

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 100 g	%NRV*	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


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