

# Beef & Whey ST

PREMIUM PROTEIN BLEND WITH OWN SCIENTIFIC STUDY\*

## VANILLA

- With 2 sources of Proteins: All Beef® and Optipep® Sports 90
- With its own scientific study\* that guarantees its effectiveness
- 84% Protein, 23 g per serving
- Hydrolyzed: ultra-fast absorption
- Delicious taste



Gluten Free

**Beef & Whey ST** is the first and only premium supplement that combines the best and unique hydrolyzed beef protein, All Beef®, with the best isolated and hydrolyzed whey protein in the market, Optipep® Sports 90. This is UNIQUE combination of 2 sources of hydrolyzed (pre-digested) ultra-fast absorbing and rapid assimilation proteins (Wilson, J. et al., JISSN. 2.006; 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) and high in essential amino acids, thus favoring post-training muscle recovery processes.

Its absorption is ultrafast, reaching the bloodstream in 15 minutes all the nutrients of **Beef & Whey ST**: high quality protein, vitamins B and very important minerals as magnesium, heme iron and zinc among others, essential fats and all obtained in a 100% NATURAL way.

Both ingredients have been proven scientifically\* and mixing them empower exponentially as you get the best benefits of both proteins; greater strength, power and gain muscle mass, improved recovery, improved immune system and increased iron and ferritin.

**\*Conclusion of the study:** Beef & Whey ST helps to increase muscle mass and reduce visceral fat and fat mass in endurance athletes (Naclerio, F. et al., IJSNEM. 2.019).

In relation to immune system, the supplementation itself with whey proteins and hydrolyzed meat (All Beef®) can also benefit the immune system since, on the one hand, the amino acids of the whey protein are signaling, which, among others, regulate the function of lymphocytes (Bumrungpert, A. et al., JMF. 2018) and, on the other hand, the All Beef® meat protein 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., JAP. 2016).

And like all Crown Sport Nutrition® products with spectacular taste and digestibility.

\*Naclerio, F. et al. "Intake of Animal Protein Blend Plus Carbohydrate Improves Body Composition with no Impact on Performance in Endurance Athletes". *International Journal of Sport Nutrition and Exercise Metabolism*. 2.019.

**Ingredients:** (61%) Isolated and hydrolyzed **whey** protein (Optipep® Sports 90) (emulsifier: **soy** lecithin), (35%) hydrolyzed meat concentrate beef (All Beef®), flavoring, sweeteners: sucralose, acesulfame-K. Contains **milk** (including **lactose**) and **soy**.

**Instructions for use:** mix 27 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 486 g (18 servings of 27 g).

NUTRITIONAL INFORMATION	Per 100 g	%NRV*	Per serving of 27 g	%NRV*
Energy	1.612 kJ		435 kJ	
	380 kcal		103 kcal	
Fat	3,7 g		1,0 g	
• of which sat. fatty Acids	1,8 g		0,5 g	
Carbohydrates	3,1 g		0,8 g	
• of which Sugars	0,7 g		< 0,5 g	
Protein	84 g		23 g	
Salt	0,6 g		0,16 g	
<b>VITAMINS</b>				
Niacin (Vit. B3)	41 mg	256	11 mg	69
Folic acid (Vit. B9)	31,4 µg	16	8,47 µg	4
Vitamin B12	1,2 µg	48	0,33 µg	13
<b>MINERALS</b>				
Potassium	767 mg	38	207 mg	10
Calcium	321 mg	40	86,6 mg	11
Phosphorus	409 mg	58	110 mg	16
Magnesium	64,2 mg	17	17,3 mg	5
Iron (heme)	6,0 mg	43	1,6 mg	11
Zinc	7,1 mg	71	1,9 mg	19
Selenium	9,0 µg	16	2,4 µg	4

\*% NRV: Nutrients Reference Values



[crownsportnutrition.com](http://crownsportnutrition.com)

[info@crownsportnutrition.com](mailto:info@crownsportnutrition.com)

[@crownsportnutrition](https://www.instagram.com/crownsportnutrition)

[crownsportnutrition](https://www.facebook.com/crownsportnutrition)

[@crownsnutrition](https://www.twitter.com/crownsnutrition)

[Crown Sport Nutrition](https://www.linkedin.com/company/crown-sport-nutrition)

Collaborators:

