

# Sequential Protein

PREMIUM MIX OF THREE PROTEINS WITH DIFFERENT ABSORPTION SPEEDS



Gluten Free

## CHOCOLATE

- With 3 types of milk proteins: WPIH, WPC & MC
- 75% Protein
- 20 g Protein per serving
- Durable and sequential absorption
- Immediate solubility and delicious taste

**Sequential Protein** is a premium blend of three milk proteins, Isolated and Hydrolyzed Whey Protein (WPIH), Whey Protein Concentrate (WPC) and Micellar Casein (MC) each with a different absorption speed and in a 1:1:1 ratio.

The 3 ingredients in **Sequential Protein** are the acclaimed isolated and hydrolyzed whey protein (Optipep® Sports 90) with an ultra-fast absorption speed, the whey protein concentrate with an average speed and the micellar casein, the best casein in the market, with a low absorption speed and prolonged in time.

Recent research has found that protein with different absorption rates can be more effective even than the hydrolyzed protein in the post workout (Reidy et al., JN. 2.013; Reidy et al., JAP. 2.014). It is also a product for taking between meals and before bedtime to prevent muscle catabolism by its sequential action and prolonged in time.

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

**Ingredients (Chocolate):** (29%) Isolated and hydrolyzed **whey** protein (Optipep® Sports 90) (emulsifier: **soy** lecithin), (29%) **whey** protein concentrate (emulsifier: **soy** lecithin), (29%) micellar **casein**, defatted cocoa powder, flavoring, sweetener: sucralose.

Contains **milk** (including **lactose**) and **soy**.

**Instructions for use:** Mix 27 g (1 scoop) of product with 250 ml water and preferably take it between hours or before sleeping. In the not training days it can be taken as an additional source of proteins

**Available flavors:** Chocolate and Strawberry.

**Available formats:** Tin of 918 g (34 servings of 27 g).

NUTRITIONAL INFORMATION	Per 100 g	Per serving of 27 g
Energy	1.557 kJ 368 kcal	420 kJ 99 kcal
Fat	4,7 g	1,3 g
• of which sat. fatty Acids	2,6 g	0,7 g
Carbohydrates	4,6 g	1,3 g
• of which Sugars	1,6 g	< 0,5 g
Protein	75 g	20 g
Salt	1,2 g	0,33 g