

Whey PROtein +

WHEY PROTEIN CONCENTRATE WITH A PLUS OF LEUCINE AND GLUTAMINE

WAFER COOKIES



Gluten Free

- 25 g of proteins of high biological value per serving
- 3 g of Leucine per serving
- 2 g of Glutamine added per serving
- **With anti-doping certificate by Informed-Sport**
- Easy absorption
- Immediate solubility and delicious taste

Whey PROtein+ is pure whey protein concentrate (WPC) obtained by ultra-micro filtration through membranes. This protein is characterized by its high solubility even at acidic pH (stomach), so it is quickly digested (Wilson J. et al., JISSN. 2006) and without giving digestive problems, rapidly providing amino acids in the blood (hyperaminoacidemia) so that they can be used by muscle cells in their recovery processes, both post-training and throughout the day.

In addition, and most importantly, we have enhanced its formula by **adding** the branched chain amino acid **Leucine** in sufficient quantity to ensure that we reach at least the **3 g/intake**, recommended by science to activate the mTOR pathway that induces protein synthesis and thus optimize the muscle recovery processes (Jäger R. et al., JISSN. 2017).

We have also added **L-Glutamine**, because this amino acid, among other functions, seems to improve the functioning of the immune system because it serves as fuel (Calder PC et al., AA. 1999), mainly macrophages and lymphocytes.

Coupled with this, the supplementation with whey proteins can also benefit the immune system since amino acids

are signaling agents, which, among others, regulate the function of lymphocytes (Bumrungpert A. et al., JMF. 2018). **The quantity reached per intake is greater than 6,15 g**, into the added and the precursors that the whey protein contains.

Being obtained by ultra-micro filtration through membranes, the protein does not suffer any deterioration or loss of essential amino acids, such as Lysine, which is the amino acid most sensitive to thermal processes, using its concentration as a reference for quality of this type of protein.

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

And without forgetting that **Whey PROtein+** is 100% safe by having the **anti-doping certification by Informed-Sport**.

Ingredients (Wafer Cookies): (89%) **Whey** protein concentrate (WPC), (5,9%) L-glutamine, flavoring, defatted cocoa powder, (1,62%) L-leucine, sweetener: sucralose.
Contains **milk** (including **lactose**). May contain traces of **soy**.

Instructions for use: Mix 33,91 g (approx. 2 measuring scoop) of product with 250 ml water and preferably take after training to stop protein catabolism and promote muscle anabolism.
In the not training days it can be taken as an additional source of proteins.

Available flavors: Chocolate, Strawberry and Wafer Cookies.

Available formats: Tin of 848 g (25 servings of 33,91 g).

NUTRITIONAL INFORMATION	Per 100 g	Per serving of 33,91 g
Energy	1.638 kJ 387 kcal	556 kJ 131 kcal
Fat	5,9 g	2,0 g
• of which sat. fatty Acids	3,8 g	1,3 g
Carbohydrates	7,6 g	2,6 g
• of which Sugars	6,2 g	2,1 g
Protein	75 g	25 g
Salt	0,43 g	0,15 g
L-Glutamine added	5.900 mg	2.000 mg
L-Leucine Total	8.847 mg	3.000 mg
• of which added	1.620 mg	550 mg

Amino acid profile from whey protein (plus added):

AMINO ACIDS	Per serving of final product (33,91 g)
L-Alanine	1,15
L-Arginine	0,48
L-Aspartic Acid	2,54
L-Cysteine	0,51
L-Glutamic Acid (Glutamine precursor)	4,18
L-Glutamine added	2,00
L-Glycine	0,32
L-Histidine	0,39
L-Isoleucine**	1,48
L-Leucine**	2,45
L-Leucine added	0,55
L-Lysine	2,22
L-Methionine	0,51
L-Phenylalanine	0,69
L-Proline	1,27
L-Serine	1,06
L-Threonine	1,55
L-Tryptophane	0,32
L-Tyrosine	0,60
L-Valine**	1,36
TOTAL	25,63

**Branched Chain Amino Acids (BCAA)



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Collaborators:

