

## Day & Night Casein – Chocolate-Cream

Long-lasting protein for any time of the day

Very good, long-lasting satiating effect

Tastes absolutely delicious - even when mixed with water

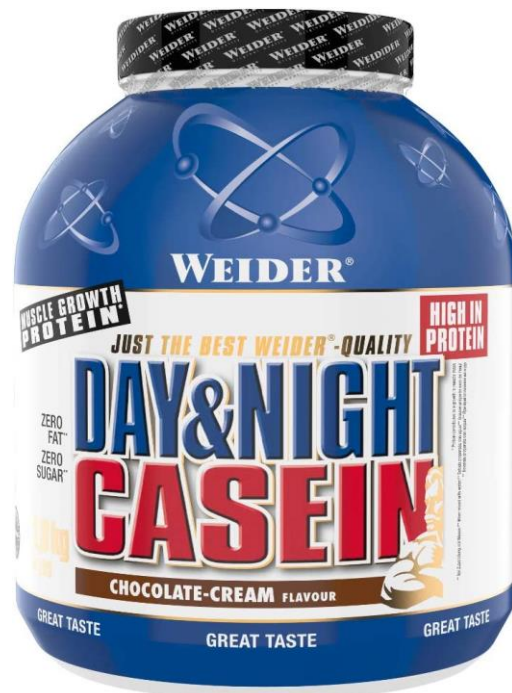
Made exclusively with calcium caseinate as a protein and natural calcium source

Casein, the predominant protein fraction in milk, makes up for about 80% of the total milk proteins. Due to its unique structure, it exhibits a slow digestion, resulting in a constant, long-term release of free amino acids into the blood stream. This characteristic is the reason why many athletes use casein shakes to secure their protein nourishment during prolonged fasting periods, e.g. during night time. Another great feature of casein is its exceptional satiating ability, which makes it the perfect shake for calorie reduced weight loss programs. Therefore, as the name suggests, Day & Night Casein is ideal for both, consumption at any time throughout the day or as a pre-bedtime protein treat.

Proteins fulfill a broad array of vital functions within the human organism and are also the building blocks of muscle tissue. The intake of protein contributes to the maintenance & growth of muscle mass, which is of special interest for ambitious strength & bodybuilding and physically active people who are looking for muscle gains, enhanced performance & an improved body composition.

The creamy & incredibly delicious WEIDER Day & Night Casein shakes contain first-grade casein as the exclusive protein source. One shake provides up to 30 g of protein (Chocolate-Cream flavor, mixed in semi-skimmed milk). Calorie conscious people can also mix the powder with water to obtain a low calorie shake that is almost free from fats and carbohydrates.

WEIDER Day & Night Casein tastes great in both milk & water and always has the perfect creamy texture that makes your protein supply an ultimate pleasure.



### Nutritional Information:

	per 100 g	per serving***	per serving****
<b>Energy</b>	1539 kJ 363 kcal	385 kJ 91 kcal	988 kJ 235 kcal
<b>Fat</b>	2,1 g	0,5 g	5,3 g
- of which sat. fatty Acids	1,3 g	0,3 g	3,6 g
<b>Carbohydrates</b>	4,8 g	1,2 g	16 g
- of which Sugars	1,2 g	< 0,5 g	15 g
<b>Protein</b>	80 g	20 g	30 g
<b>Salt</b>	0,6 g	0,15 g	0,5 g

\*\*\* Serving size: 25 g powder mixed with 300 ml water

\*\*\*\* Serving size: 25 g powder in 300 ml semi-skimmed milk (1,5% fat)

### Declaration:

Powder to mix a drink rich in protein with only calcium caseinate as protein source. With sweeteners. Chocolate-Cream Flavor.

### Ingredients:

85% **Calcium Caseinate**, 10,8% Low Fat Cocoa Powder, Flavoring, Sweeteners: Acesulfame K, Sodium Cyclamate, Sodium Saccharin; Sodium Chloride.

### Instruction for use:

Mix 25 g powder (1 measuring scoop) with 300 ml semi-skimmed milk (1,5% fat) or water.

### Advice:

May contain traces of gluten, soy and egg. A varied and balanced diet and a healthy lifestyle is important.

### Storage Instruction:

Store in a cool, dry and dark place.

### Content:

500 g in a bag.

1,8 kg in a plastic tin.

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### Amino Acid Profile per 100g Protein:

L-Alanine	2,8 g
L-Arginine	3,4 g
L-Aspartic Acid	6,7 g
L-Cysteine	0,4 g
L-Glutamic Acid	20,5 g
L-Glycine	1,7 g
L-Histidine	2,9 g
L-Isoleucine*	5,1 g
L-Leucine*	8,9 g
L-Lysine	7,5 g
L-Methionine	2,7 g
L-Phenylalanine	4,8 g
L-Proline	9,9 g
L-Serine	5,7 g
L-Threonine	4,4 g
L-Tryptophane	2,1 g
L-Tyrosine	4,1 g
L-Valine*	6,5 g

\* BCAA's

