

WEIDER®

RECOVERY, GROWTH AND FUNCTIONALITY



A WEIDER INNOVATION
WWW.WEIDERWORLD.ES - WWW.WEIDER.ES

PROWHEY COMPLEX

- Combination of the finest dairy proteins
- With an extra boost of: Creatine, Glutamine, MCTs, and Vitamin B6
- Optimizes muscle recovery and growth at the best price

The new ProWhey Complex from **Weider** has been formulated by blending the best sources of dairy proteins (whey protein concentrates and isolates, and micellar casein). This allows for its complete functionality, making it suitable for consumption at breakfast, between meals, and, as always, after training. It is a natural source of essential amino acids, providing 3.4g of BCAAs per serving.

Why choose Pro Whey Complex?

Because its UNIQUE formula contains additional ingredients that enhance the recovery action of proteins and maximize muscle growth.

- **With L-Glutamine:** optimizes muscle and energy recovery, aiding in cellular volumization and enhancing protein synthesis.
- **With MCTs:** Medium-Chain Triglycerides that provide energy during strict diet phases and also improve post-workout recovery when taken together with whey protein.
- **With Creatine:** improves physical performance in successive bouts of brief, high-intensity exercises.
- **With Vitamin B6:** contributes to the normal metabolism of proteins and glycogen. It promotes muscle growth by also aiding in the regulation of hormonal activity.
- **With Bromelain:** this enzyme helps digest proteins, allowing for faster availability of essential amino acids for muscle growth, especially in post-workout consumption.

Quality factor

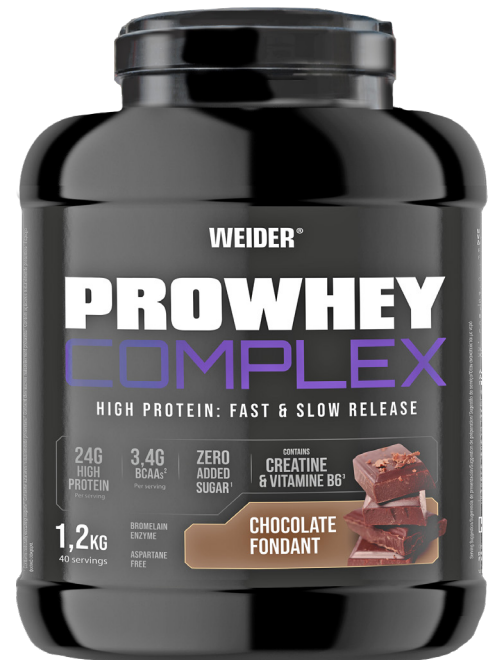
With a high amount of the essential amino acid Lysine. This indicates that the protein has not undergone thermal treatments, guaranteeing the highest Biological Value.

With **Weider's ProWhey Complex**, you can achieve your desired results at the best price and with maximum functionality. With just one product, you can increase or maintain muscle mass in both bulking and definition phases, as you can consume it after training and/or between meals.

Ingredients:

39% Whey Protein Concentrate (**Milk**), Hydrolyzed Collagen, 20% **Milk** Protein Concentrate (Micellar Casein), Defatted Cocoa Powder, 4% Creatine Monohydrate, 1% L-Glutamine, 1% Calcium Caseinate (**Milk**), 1% Isolated Whey Protein (**Milk**) (Emulsifier: **Soy** Lecithin), Flavouring, Medium Chain Triglycerides (MCT) (**Milk**), Sweeteners: Sucralose, Steviol Glycosides from Stevia; Cocoa Extract, Cinnamon Powder, Bromelain, Vitamin B6.

May contain traces of gluten, crustaceans, eggs, fish, peanuts, nuts, lupins, sulphur dioxide, sulphites and products thereof.



Nutritional Information Chocolate Fondant Flavour	per serving*
Energy	492 kJ/116 kcal
Fat	1,1 g
- of which saturates	0,7 g
Carbohydrates	2,8 g
- of which Sugars	2,2 g
Protein	24 g
Salt	0,20 g
* Serving size: 30 g powder mixed with 300 ml water.	

INSTRUCTIONS FOR USE: Mix 30 g powder (1 measuring scoop) with 300 ml water or other beverage of choice.

RECOMMENDATION:
1 serving per day.

PRESENTATION:
1,2 Kg

FLAVOURS:
Chocolate Fondant & Strawberry-Yogurt

