

Weider - News

- ▶ **100% Casein**
- ▶ **The most anabolic protein!**

Product description:

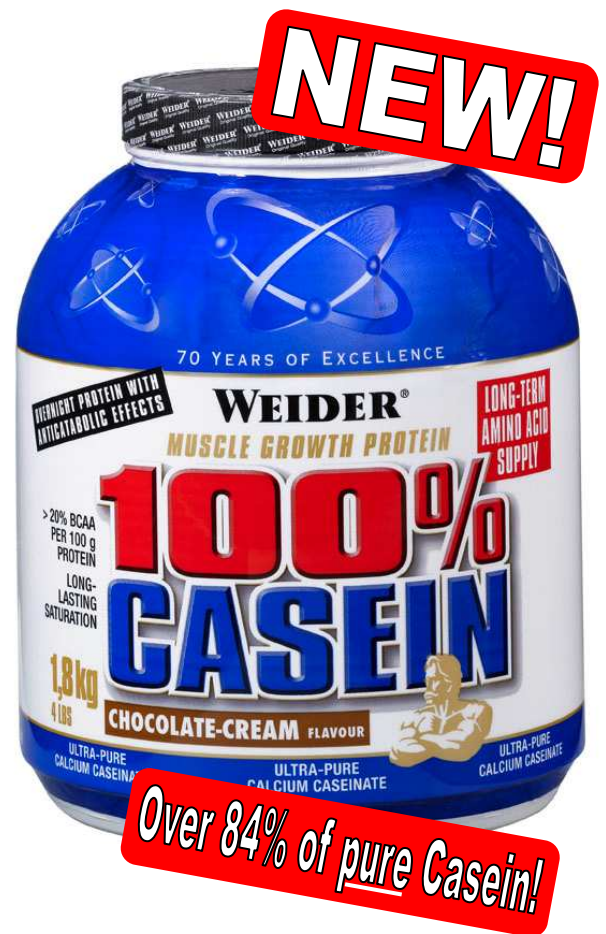
- Protein formula with calcium caseinate for longer release of amino acids.

Training phase:

- Muscle build-up phase
- Strength build-up phase
- Definition phase

Product features:

- High protein content of over 84% with pure casein (vanilla)!
- Contains proteins from pure casein
- Highly anticatabolic
- Makes you feel fuller for longer
- Shortens regeneration times
- Aids fat burning
- Low-fat and low-carb
- Great tasting, even with water
- For breakfast, after working out and ideal before going to bed!
- Very high protein content from 100% pure casein
- Less than 1 g fat and carbohydrates per portion
- Supplies the body with amino acids for up to 7 hours



Articelno. 31271	Vanilla
Articelno. 31281	Chocolate
Artikelno. 31291	Red Fruits

Recommendation:

- Stir 25 g powder (1 measure scoop) in 300 ml semi-skimmed milk (1,5% fat) or water.
- For breakfast, after training and ideally before bed!

Content: 1,8 kg = 72 Portionen

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Specials:

- Very high content of 100% pure casein
- < 1 g fat and carbohydrates per serving
- Supplies the body with amino acids for up to 7 hours

Features and other effects:

- Casein is digested slowly and enables the constant release of amino acids into the bloodstream. Muscles can be provided with all they need to grow for up to 7 hours. → Best protein release characteristics of all proteins!
- Pure casein also ensures low insulin release, thus producing an anticatabolic effect over a long period. In conjunction with its low fat and carbohydrate content, this product can boost the fat metabolism to a very high rate.
- Casein's special biochemical characteristics can only reveal their full potential in a completely pure product. Weider 100% Casein is produced using cutting-edge manufacturing methods and offers top quality for your training success.
- 100% Casein is therefore ideal for your last meal of the day before going to bed, or as a snack between meals in the definition phase. It is also perfect for protecting the muscles during tough training units to burn fat. → Ideal alternative to low-fat curd cheese or cottage cheese!
- Casein makes up the major protein fraction in milk, constituting around 80% of milk proteins. Caseins have special nutritional and functional characteristics that set them apart from other milk proteins.
- The genetically determined structure of the casein enables each gram of casein to bind to up to 4 g of water. This results in the formula's very creamy consistency, which contributes to its delicious taste and makes you feel fuller for longer.

per 100 g		per serving		per serving		Nutritional Information
1549/ 370	kJ/ kcal	387/ 93	kJ/ kcal	1001/ 239	kJ/ kcal	
84,8	g	21,2	g	31,4	g	Energy
3,2	g	0,8	g	14,6	g	Protein
0,5	g	0,1	g	13,9	g	Carbohydrates
1	g	0,3	g	5,1	g	- of which Sugars
0,7	g	0,2	g	3,6	g	Fat
0	g	0	g	0	g	- of which sat. fatty Acids
0,2	g	0,1	g	0,2	g	Fibres
						Sodium

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