



### Isolat Whey Instant

Instant food supplement of whey proteins isolat which is **lactose, casein and gluten free** and **highly concentrated in proteins of high quality** to use during the meal or immediately after workout

### .Contenu

**Instant Whey proteins isolat among which: betalactoglobuline, alphaglobuline, IgG, albumin, peptide, lactoferrine, aroma, rich in BCAA, glutamine, essential amino acids, 12 vitamins and minerals.**

**Available in 2 delicious aromas**

Vanilla-pistachio , chocolate-caramel.

**Price :**

59,00 Frs      unité de 600 g

[Analyse quantitative](#)

**Indications**

Extra protein intake is justified when caloric intake is reduced, during adaptation to new efforts and in the daily practice of sustained physical activity if protein intake and / or calorie intake are insufficient.

### Ingredients

Instant whey proteins isolat of lactosérum among which : betalactoglobuline, alphaglobuline, IgG, albumin, peptide, lactoferrine, aroma, calcium carbonate, sodium chloride, magnesium oxide, potassium chloride, sweeteners : sucralose, ascorbic acid, alpha-tocopherol, niacinamide, ferrous fumarate, beta- carotene, zinc oxide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, cholecalciferol , folic acid, biotin, cyanocobalamin (vitamin B12) .

### Use

**Dilute 3 level scoops of powder ( approximately 25 g ) in 250 ml of free lactose skimmed milk using a mixer or shaker or a spoon. May also be diluted in 200 ml of water during a meal or immediately after workout.**

### Advise

To use during a meal and / or with carbohydrates in the hour following the end of an effort to promote protein synthesis in muscle cells and recovery of the athletes.