

Whey Colostrum 185

+ BCAA + immunoglobulins

Product description

WHEY COLOSTRUM is a combination of whey protein (cross-flow microfiltration), nutrient-rich colostrum and low-molecular protein hydrolysate with glutamine peptide and caseinate. This specific combination supplies the body with top quality protein for the build up of muscles as well as other co-factors which improve the absorption of nutrients and the regeneration:

- Whey protein isolate from cross-flow microfiltration has been proven to offer the highest biological value, since its valuable native properties are retained throughout the gentle processing method (approx. 25% BCAA, 10% immunoglobulin, macro peptides).
- Colostrum, the pre-milk fluid produced by cows shortly after calving, contains valuable factors for muscle build-up, regeneration and for the immune system (immunoglobulins, growth factors IGF-1 and 2, lactoferrin). It improves both the digestion and the absorption of important nutrients.
- Protein hydrolysate is a source of low-molecular protein that is quickly released in the body and has a high content of glutamine peptide, promoting protein synthesis, glycogen storage, reducing tiredness and accelerating the recovery process after intensive physical activities.
- Micellar and natural casein from microfiltration guarantees the highest availability, as opposed to caseinate obtained by acid hydrolysis. Thanks to its special properties, it reduces muscle deterioration (anti-catabolic) by slowing the passage through the digestive tract and thereby extending the release of amino acids into the blood stream (up to 8 hours). Ideal for sustaining nitrogen balance day and night and contains also a high content of glutamine.



Advantages

- Very high biologic value of 185 (according to Oser)
- Rich in BCAA (leucine, isoleucine, valine) and immunoglobulins
- Combines quickly available, low-molecular proteins; whey protein, protein hydrolysate with glutamine peptide together with the digestion-slowing properties of casein and highly nutritious colostrum
- High content of glutamine peptide

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Utilisation

Preferably to be taken after physical exertion or 1-2 hours before going to bed. 1-2 shakes daily.



Ingredients

Whey protein isolate, calcium caseinate, wheat protein hydrolysate with glutamine peptide, apple powder, colostrum, flavours, minerals, vitamins, and aspartame. Contains a source of phenylalanine.

Flavours / Packaging / Nutrition facts

Peach-vanilla, Chocolate

Box of 500 g

Peach-vanilla

Box of 1000 g

nutrition value	per 100 g powder		1 shake = 25 g powder + 300 ml milk	
energy kJ (kcal)	1500 (355)		800 (190)	
proteins	78 g		30 g	
carbohydrates	8 g		16 g	
fat	1 g		0.5 g	
vitamins		%ETD *		%ETD *
E	10 mg	100%	2.5 mg	25%
C	60 mg	100%	15 mg	25%
B1	1.4 mg	100%	0.5 mg	34%
B2	1.6 mg	100%	0.9 mg	59%
niacine	18 mg	100%	4.7 mg	26%
B6	2 mg	100%	0.6 mg	32%
folic acid	200 µg	100%	50 µg	25%
B12	1 µg	100%	1 µg	100%
biotin	150 µg	100%	48 µg	32%
pantothenic acid	6 mg	100%	2.6 mg	43%
minerals		%ETD *		%ETD *
calcium	500 mg	63%	480 mg	60%
magnesium	150 mg	50%	73 mg	24%
phosphorus	380 mg	48%	390 mg	49%
zinc	4 mg	27%	2.1 mg	14%
chrome	100 µg	-	25 µg	-
potassium	480 mg	-	120 mg	-

*recommended daily intake

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amino acids per 100 g of pure protein		
essentials	histidine	2.73 g
	isoleucine	6.95 g
	leucine	11.65 g
	lysine	9.75 g
	methionine + cysteine	4.79 g
	phenylalanine + tyrosine	9.12 g
	threonine	5.56 g
	tryptophan	1.74 g
	valine	7.01 g
non-essentials	alanine	4.49 g
	arginine	2.81 g
	aspartic acid	9.75 g
	glutamic acid	26.05 g
	- of that glutamine peptide	5.3 g
	glycine	2.35 g
	proline	9.56 g
	serine	5.69 g

Biological valence (Oser): 185 (whole egg= 155)

Total BCAA (leucine, isoleucine, valine): 256 mg/g of pure protein