

WOMEN'S BEST

Clear Whey Isolate

Cherry Lemonade

Ingredients: Whey Protein Isolate (**Milk**) (93.9%), Acid (Citric Acid, Malic Acid), Flavor, Color (Beetroot Powder), Sweetener (Sucralose, Acesulfame K), Canola Oil, Anti-Foaming Agent (Silicon Dioxide).

Nutritional Value:

	per 100 g		per serving (30 g)
Energy	1556 kJ / 366 kcal	Energy	467 kJ / 110 kcal
Fat	0.4 g	Fat	0.1 g
- Saturated Fats	0.2 g	- Saturated Fats	0 g
Carbohydrates	2.2 g	Carbohydrates	0.7 g
- Sugars	0.8 g	- Sugars	0 g
Protein	86 g	Protein	26 g
Salt	0.11 g	Salt	0.03 g

Amino Acid Profile per 100 g protein

L-Leucine (BCAA)	12.3 g
L-Isoleucine (BCAA)	5.7 g
L-Valine (BCAA)	5.0 g
L-Lysine (EAA)	10.7 g
L-Phenylalanine (EAA)	3.4 g
L-Threonine (EAA)	4.7 g
L-Methionine (EAA)	2.3 g
L-Tryptophan (EAA)	2.3 g
L-Histidine (EAA)	1.9 g
L-Tyrosine	3.7 g

L-Arginine	2.7 g
L-Glutamic Acid	16.2 g
L-Alanine	5.0 g
L-Aspartic Acid	11.3 g
L-Cysteine	3.4 g
Glycine	1.7 g
L-Proline	4.1 g
L-Serine	3.5 g

Lemon Sherbert

Ingredients: Whey Protein Isolate (**Milk**) (93.9%), Acid (Citric Acid, Malic Acid), Flavor, Sweetener (Sucralose, Acesulfame K), Canola Oil, Color (Curcumin), Anti-Foaming Agent (Silicon Dioxide).

Nutritional Value:

	per 100 g		per serving (30 g)
Energy	1559 kJ / 367 kcal	Energy	468 kJ / 110 kcal
Fat	0.4 g	Fat	0.1 g
- Saturated Fats	0.2 g	- Saturated Fats	0 g
Carbohydrates	2.4 g	Carbohydrates	0.7 g
- Sugars	0.5 g	- Sugars	0 g
Protein	86 g	Protein	26 g
Salt	0.11 g	Salt	0.03 g

Amino Acid Profile per 100 g protein

L-Leucine (BCAA)	12.3 g
L-Isoleucine (BCAA)	5.7 g
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L-Lysine (EAA)	10.7 g
L-Phenylalanine (EAA)	3.4 g
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L-Methionine (EAA)	2.3 g
L-Tryptophan (EAA)	2.3 g
L-histidine (EAA)	1.9 g
L-Tyrosine	3.7 g
L-Arginine	2.7 g
L-Glutamic Acid	16.2 g
L-Alanine	5.0 g
L-Aspartic Acid	11.3 g
L-Cysteine	3.4 g
Glycine	1.7 g
L-Proline	4.1 g
L-Serine	3.5 g
