

Our complete supplement range

Boomers mission is to help people achieve their health and fitness goals by providing the best possible quality protein products. We are Australia's longest running protein company and are family owned and operated. Boomers supply 100% natural, unflavoured, additive-free, premium quality protein supplements.

- All Boomers products are:**
- 100% product - no blends
 - Unflavoured
 - No sweeteners
 - No fillers
 - No bulking agents
 - Preservative free
 - Gluten free

	Serve Size	Calories	Protein per serve	Carbs.	Fat	Protein per dry basis	Contains	Features
WPI Whey Protein Isolate	30g	117	26.6g	0.4g	0.3g	93%	Whey protein isolate 99.5%, soy lecithin 0.5%.	A fast absorbing powder manufactured from cows grazing year round on grass with no herbicides or pesticides. It is flavourless with a clean natural texture and mixes easily. This is our highest protein whey product for those wishing to supplement their daily protein goals with minimal carbohydrate and fat, and with extra processing to remove lactose.
WPC Whey Protein Concentrate	30g	125	23.9g	1.8g	2.2g	83%	Whey protein concentrate 99%, sunflower lecithin 1%.	A very similar product to our WPI, the difference being that WPC is less processed and this results in slightly higher fat and carbohydrate levels. This means it is also flavourless, but with a creamier texture and less protein per serve. This is our most affordable whey powder for those wishing to supplement their daily protein goals.
OVP Organic Vegan Protein	40g	158	35g	3.4g	1.6g	89%	Organic sprouted brown rice protein 100%	Our vegan protein powder option made from pristine rice fields free from petroleum or hexane pollution. It is the finest available texture for vegan powders so it flavourless and has no gritty aftertaste. It compliments earthy solubles like almond, soy or coconut. This is our product for those wanting premium protein supplementation without dairy.
CM Creatine Monohydrate	5g	0	-	-	-	0%	Creatine monohydrate 100%	Creatine occurs naturally in your body and helps to supply energy to your muscles. Creatine Monohydrate is the most affordable and effective way to saturate creatine content and get the most out of this energy system. It is remarkably safe and extensively tested. This is our product for those looking to get the most out of their muscles during training.
COL Colostrum Powder (20-25% IgG)	10g	41	7.2g	1.1g	0.3g	77%	Bovine colostrum 100%	This protein powder is made from the first milk a cow produces after giving birth. Calves have immature digestion and immune system that colostrum helps to build. It is rich in enzymes, antibodies and natural growth factors not found in other dairy options. Up to 25% Immunoglobulins (IgG) This is our product recommended for those looking to protect or improve their bodies digestion or immune system.

If you have questions about how to use Boomers products call 0409 991 007, email boomers@boomersprotein.com.au visit boomersprotein.com.au or follow us on Facebook @BoomersProtein.

Simple ways to get more protein in your diet.



PROTEIN WATER with a splash of diet cordial – flavour of your choice; 200ml water, one heaped scoop Boomers and splash of cordial to taste. Sip and finish by the end of the day = 30g protein



PROTEIN JELLY one sachet diet jelly, flavour of choice, add 2 scoops Boomers to cold mix – 250ml water, whisk and cool in fridge, mix hot water with crystals to dissolve and cool in fridge, after 5-10mins when both have cooled, mix together and divide into 4 x125ml serves to set. Each serve has 15g protein.



PROTEIN MILK stored in fridge in a shaker use throughout the day; 200ml water or milk and one heaped scoop of Boomers = min 30g protein when finished 200mls. Use in tea, coffee, soups, broths throughout the day.



PROTEIN CREAM to add to soup or broth; ¼ cup water/milk and one heaped scoop Boomers, pour over heated soup, DO NOT add to soup and then heat mixture = min 30g protein.

PROTEIN YOGHURT 2 tablespoons of Greek yoghurt and one heaped scoop Boomers = 30g+ protein. Flavour with fruits, nuts, seeds etc.



Tips for using Boomers Protein

Boomers protein products can go in shakes, dips, oats, soups, protein balls, coconut water, milk, soy milk, yoghurt, cream, sour cream, or almost anything.

Mixing

- Use your Boomers shaker, a blender, or a whisk.
- With liquids, avoid clumping by putting the powder on top.
- When using a thicker mixture like cream or yoghurt, gradually add the powder and fold it in, rather than shaking or blending.

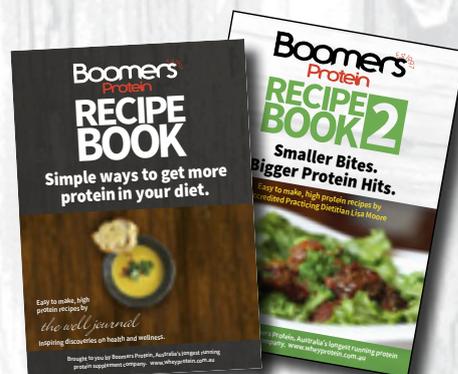
Storage

- It is best to use your mix straight away, but depending on the other ingredients, it can be stored for a short time. Some liquids can separate, so give them a quick shake before use.

Cooking

- Boomers Organic plant protein is your best option for cooking as it won't change structure.
- Whey products can also be used in cooking, but for best results keep it under 70°C.

The original Boomers Protein recipe books



Available from boomersprotein.com.au

This information is intended as general guidance only. Consult your medical practitioner, dietitian or health professional for advice if you have a medical condition, take medication, are having therapy, surgical treatments, or medically recommended dietary restrictions. *Macronutrient values are estimated and will vary depending on actual products used.