

Whey

RECOVERY

WHEY KEY POINTERS

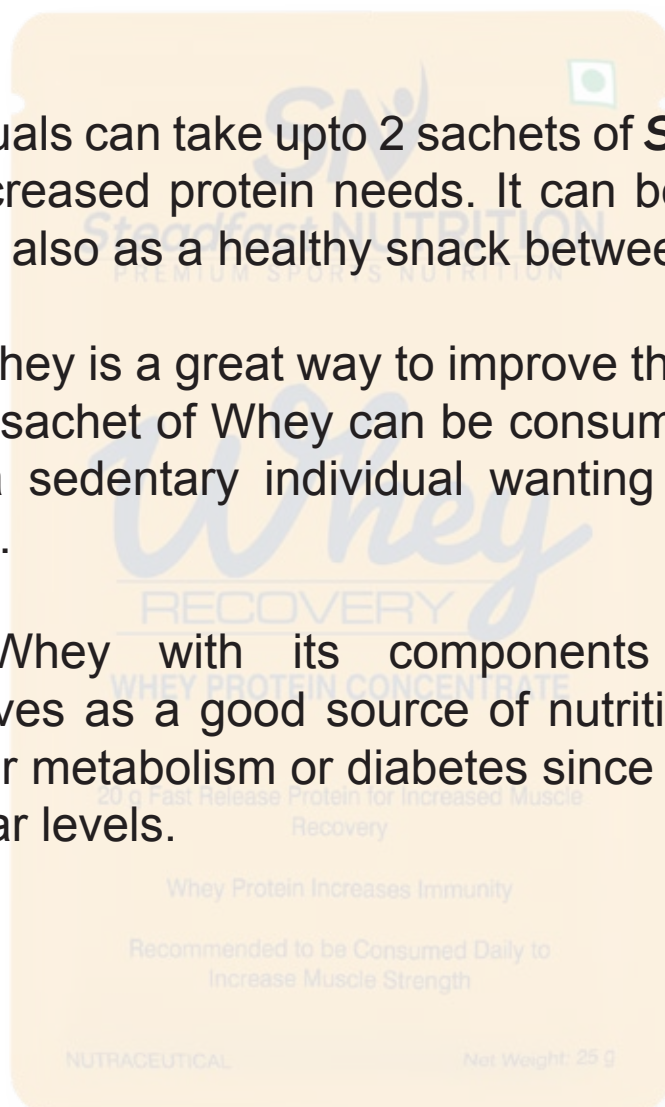
1. **Steadfast** Nutrition's Whey contains 80% pure whey protein concentrate for instant muscle recovery after a good workout session, making it ideal for fitness enthusiasts and people with an active lifestyle.
2. The fast-release whey protein in **Steadfast** Whey helps in lean muscle growth and repair and is ideal for both strength and endurance athletes.
3. Whey has the best amino acid profile containing all essential amino acids which boost protein synthesis.
4. Whey protein contains the highest amount of natural BCAAs, which are the first to be used for muscle repair.
5. Whey Contains Leucine, Isoleucine, and Valine which are the main peptides responsible for regulating weight management.
6. **Steadfast** Whey is a drink that provides a balanced amount of protein peptides and other components that prevent age-related muscle loss, have high nutritional value, and are good for maintaining overall health.

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7. **Steadfast** Whey is naturally rich in the powerful antioxidant glutathione that effectively protects our cells from oxidative damage.
8. Active individuals can take upto 2 sachets of **Steadfast** Whey to meet their increased protein needs. It can be taken along with breakfast and also as a healthy snack between meals.
9. **Steadfast** Whey is a great way to improve the protein quality of the diet. One sachet of Whey can be consumed anytime during the day by a sedentary individual wanting to meet his daily protein needs.
10. **Steadfast** Whey with its components - proteins and peptides- serves as a good source of nutrition for people with irregular sugar metabolism or diabetes since it prevents sudden spikes in sugar levels.



YOUR EVERYDAY PROTEIN



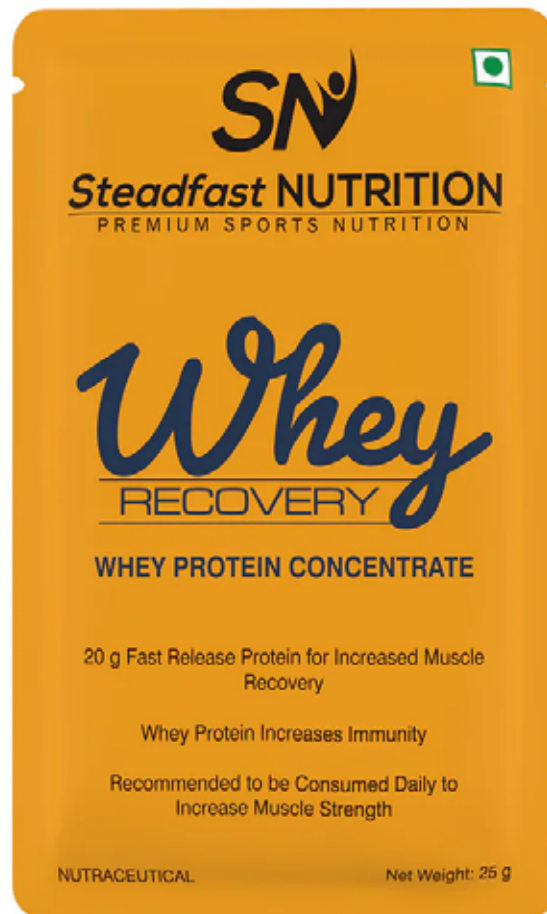
Highest Grade
Whey Concentrate



Instant
Muscle Recovery



Colours, Flavours
Preservatives,
Thickeners



Quick Absorption
& Digestion



Whey Protein
Concentrate



Boosts
Muscle Strength