



## Sanct Bernhard Sport Whey Protein Vanilla

Ready-to-mix whey protein concentrate with vanilla flavour and sweeteners

Useful information: For simple preparation of a protein drink with nutritionally valuable whey protein. With its enjoyable vanilla flavour, the powder is ideal for enhancing drinks and food with protein. Whey protein is very well absorbed by the body and delivers important amino acids, which are important for muscle building and maintenance as well as during calorie-reduced nutritional phases. The whey protein contained in our vanilla flavoured product is obtained by gentle ultra-filtration under excellent conditions. It features an excellent biological value of 104, which underlines the outstanding quality and guarantees its particularly easy utilisation by the body.

- Valuable source of protein
- 22.5 g protein per portion
- Enjoyable vanilla flavour
- Gluten-free, fructose-free

**Ingredients:** Whey protein concentrate (95 %), natural flavourings, Xylitol (sweetener), Steviol glycosides from stevia.

Contains lactose.

| Average nutritional values:    | per portion*<br>(= 30 g) | per 100 g powder   |
|--------------------------------|--------------------------|--------------------|
| Calorific content              | 484 kJ / 114 kcal        | 1616 kJ / 381 kcal |
| Fat                            | 1.4 g                    | 4.6 g              |
| of which saturated fatty acids | 0.9 g                    | 3.0 g              |
| Carbohydrates                  | 3 g                      | 10.3 g             |
| of which sugars                | 2.3 g                    | 7.7 g              |
| Protein                        | 22.5 g                   | 75 g               |
| Salt                           | 0.26 g                   | 0.86 g             |

|                                    | per portion*<br>(= 30 g) | per 100 g powder |
|------------------------------------|--------------------------|------------------|
| Alanine                            | 1.1 g                    | 3.7 g            |
| Arginine                           | 0.5 g                    | 1.8 g            |
| Aspartic acid (asparagine)         | 2.6 g                    | 8.5 g            |
| Cysteine                           | 0.5 g                    | 1.6 g            |
| Glutamic acid (glutamine)          | 3.9 g                    | 13.0 g           |
| Glycine                            | 0.4 g                    | 1.4 g            |
| Histidine                          | 0.4 g                    | 1.3 g            |
| Isoleucine**                       | 1.5 g                    | 5.1 g            |
| Leucine**                          | 2.4 g                    | 7.9 g            |
| Lysine**                           | 2.0 g                    | 6.5 g            |
| Methionine**                       | 0.5 g                    | 1.7 g            |
| Phenylalanine**                    | 0.8 g                    | 2.5 g            |
| Proline                            | 1.4 g                    | 4.5 g            |
| Serine                             | 1.0 g                    | 3.2 g            |
| Threonine**                        | 1.4 g                    | 4.8 g            |
| Tryptophane**                      | 0.4 g                    | 1.4 g            |
| Tyrosine                           | 0.6 g                    | 2.1 g            |
| Valine**                           | 1.4 g                    | 4.6 g            |
| BCAA (leucine, isoleucine, valine) | 5.3 g                    | 17.6 g           |

\*Nutritional values for a portion of 30 g powder with 200 ml water.

\*\*essential amino acids

# Kräuterhaus Sanct Bernhard

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## **Recommended use:**

Stir 3 heaped measuring spoons (= 30 g) in 200 ml water, milk or milk substitute for one portion. We recommend preparation in the easy shaker. Preferably in the mornings or after fitness training. Alternatively, our Whey Protein Vanilla can also be stirred into food (e.g. muesli or yoghurt) or used as a baking ingredient.

The consumption of Whey Protein Vanilla does not replace a varied, balanced diet and a healthy lifestyle.

Not suitable for babies and children.

Keep dry and out of direct sunlight. Store below 25°C.

Made in Germany

**Contents 1 kg powder produces 33 portions** (30 g each)

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