

# WEIDER®

## GOLD WHEY

### Recovery, Growth and Functionality

Low Fat

Low Sugar

High Protein

- Ultra filtrated. No ion exchange!
- High content of protein: 80 g/100 g product!
- Contains all key elements of whey protein to ensure high protein content.

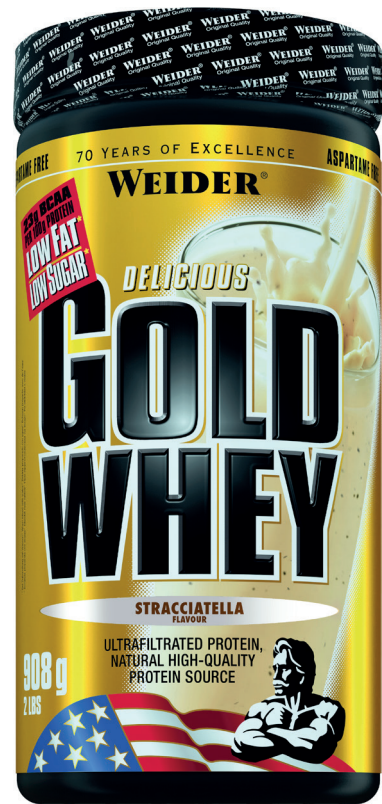
#### Further informations:

- The product contains globulins and glycomacropetides which are bioactive substance. Similar to probiotics or omega-3 fatty acids, constitutional properties are attributed to them.
- The product also contains beta- and alpha-lactoglobulins; these regulate the acidbase balance and are an energy source. In addition, immunoglobulins strengthen the body's defences and glycomacropetides control the appetite.
- Immunoglobulins strengthen the immune system and glycomacropetides control the appetite.
- WEIDER's Gold Whey does not solidify and does not become thicker after being stirred, thus ensuring ideal absorption of the nutrients.
- Available in 6 delicious flavours: Vanilla Fresh, Milk Chocolate, Strawberry-Cream, Banana Split, Stracciatella and Mango-Maracuja.
- Of course, the product is LOW FAT\* and LOW CARB\* (\* when mixed with water)!

#### Product features:

- Provides for your body more protein than carbohydrates. 23 g of BCAA's per 100 g protein.
- Cysteine = 2.2 g per 100 g protein.
- Produced by using ultra filtration, making it readily resorbed by the body.
- Stirred into water, it can be digested in about 20 minutes. Ideally take after workout.
- Take in the morning just after getting up = anabolic start to the day.
- Aspartame free
- Supports your build-up and muscle phase
- Improves fat burning in the definition phase due to its low

**Ingredients:** 94% Whey Protein Concentrate, 5% Low Fat Cocoa Powder, Flavouring, Sweeteners: Acesulfame K, Sodium Cyclamate, Sodium Saccharin; Emulsifier: Soya-Lecithins, Mono- and Diglycerides of fatty Acids; Colour: E150c. Contains lactose. May contain traces of gluten and egg.



	per 100 g	per portion*
Energy	1624 K j / 383 Kcal	487 Kj / 115 Kcal
Fat	4,1 g	1,2 g
Carbohydrates	5,6 g	1,7 g
Proteins	81 g	24 g
Salt	0,8 g	0,24 g

\* 30g powder mixed with 300 ml water

#### PROFESSIONAL ADVICES

**INSTRUCTIONS FOR USE:** Mix 30 g powder (approx. 3 heaped tablespoons) with 300 ml semi-skimmed milk (1,5% fat) or water.

**PRESENTATION:** 2 Kg, 908 g and 500g **FLAVOURS:** 2Kg: Chocolate, Strawberry, Banana, Stracciatella, Mango-Maracuja.  
500g: Chocolate, Vanilla, Strawberry, Banana, Mango-Maracuja, Raspberry-Yogurt, Stracciatella, Coconut-Cookies  
908g: Chocolate, Raspberry-Yogurt, Stracciatella y Vanilla.

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