



## PRO 90

Food supplement very concentrated (90%) in milk proteins of high quality. To take during the meal or with carbohydrates just in the hour following the end of an effort.

## Contents

Milk proteins (caseinate of calcium and whey protein), rich in BCAA, glutamine, essential amino

acids, 12 vitamins and 7 minerals.

**Available in 6 delicious aromas**

Vanilla, chocolate, cappuccino, Strawberry, Banana, and Coco.

**Price**

59,00 Frs per unit of 750 g

139,00 Frs per unit of 2200 g

[Analyse quantitative](#)

## **Indications**

Extra protein intake is justified when caloric intake is reduced, during adaptation to new efforts and in the daily practice of sustained physical activity if protein intake and / or calorie intake are insufficient.

## **Ingredients**

Calcium caseinate, whey proteins, aroma , calcium carbonate, sodium chloride, magnesium oxide, potassium chloride, sweeteners: cyclamate and saccharin sodium, ascorbic acid, alpha-tocopherol, niacinamide, ferrous fumarate, beta-carotene, zinc oxide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, colecalciferol, folic acid, biotin, cyanocobalamin (vitamin B12).

## **Use**

Dilute 3 level scoops of powder ( approximately 25 g ) in 300 mL of skimmed milk 2 to 3 times a day using a mixer or shaker. May also be diluted in 125 ml-150 ml of water.

## **Advices**

Use during a meal and / or with carbohydrates to optimize protein synthesis in muscle cell and

consequently development of muscle mass in the hour following the end of an effort .