



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 .