



# PROTEIN SYNERGYS

**Complete Growth Formula**

- **5 Protein Matrix** • **Anabolic Formula**
- **Rapid & Sustained Release Proteins** • **Gluten Free**

## Proprietary Protein Blend for Maximum

**Anabolic Effect.** Whey, Egg and Casein proteins selected for their superior natural amino acid profile and unique absorption rates. This synergistic protein delivers a constant supply of amino acids for optimal muscle growth and high positive nitrogen balance.

**Whey Protein Isolate (WPI):** Rapid absorption, highest protein, lowest fat, naturally high in bioactive peptides for muscle tissue synthesis. WPI is a rich source of all the essential amino acids, and contains the highest concentration (24-25%) of Branch Chain Amino Acids (BCAA's) of any protein source. BCAA's help facilitate muscle recovery after hard training or sport.

**Whey Peptides:** Di and tri peptides for ultra rapid absorption and enhanced muscle recovery.

**Whey Protein Concentrate:** Fast absorption, natural immune fractions, anti-oxidants and growth factors.

**Egg Albumen:** Medium absorption rate, egg white is the original 'gold standard' natural whole food protein, with a well balanced amino acid profile.

**Whey Protein Isolate (WPI):** Also rapidly absorbed, continues to supply amino acids and whey factors to the body. WPI has the highest protein, lowest fat and is naturally high in bioactive peptides for muscle tissue synthesis.

**Flavours:** Chocolate Truffle, Choc-Banana, Vanilla, Cookies & Cream, Strawberry and Turkish Delight

Available In:

1.25kg & 3kg Pails

3kg Multi Flavour Pack  
(Chocolate Truffle, Vanilla, Choc Banana)

**Micellar Casein:** Slow release amino delivery lasting up to 7 hours, also naturally high in glutamine and the gluconeogenic (muscle sparing) amino acids.

**No Gluten:** No cheap low quality wheat proteins making it suitable for coeliacs and people with wheat allergies.

**No Aspartame:** Sweetened with sucralose for a pleasant taste and no unwanted compounds.

**Day & Night Protein:** Multi-stage release protein suitable to use throughout the day or before bed.

**Easy Mixing:** Just add water or milk and shake. Mixes quickly into a satisfying shake that won't leave you bloated.

**100% Great Taste ~ No Added Sugars ~ No Artificial Colours**

## NUTRITION INFORMATION

Servings per container: 31 (1.25kg) / 75 (3kg)	Qty per 40g serve	Qty per 100g
Serving size: 40g		
Energy	674 kJ 161 Cal	1684 kJ 403 Cal
Protein	32.8 g	82.0 g
Fat - Total	2.0 g	4.9 g
- Saturated	1.2 g	3.1 g
Carbohydrates - Total	2.5 g	6.3 g
- Sugars	1.2 g	2.9 g
- Lactose	0.8 g	1.9 g
Dietary Fibre	0.08 g	0.2 g
Sodium	110 mg	275 mg
Potassium	226 mg	565 mg
Calcium	220 mg (27.5% RDI)	550 mg

ALL SPECIFIED VALUES ARE AVERAGES FOR ALL FLAVOURS  
RDI = RECOMMENDED DIETARY INTAKE