

## PRO 90

### Protein shake based on calcium caseinate

Performance Pro 90 is a high-quality protein preparation. It supplies the body with the necessary essential amino acids so that muscle recovery and muscle building of dry muscle mass are easier.

#### Calcium caseinate

Calcium caseinate serves as the protein source of Pro 90. This protein is absorbed and digested slowly, the ideal means to recover after training.

This delicious low-fat powder will surprise the most demanding gourmet.

#### Suggested use:

Mix 25 g powder with 30 cl skimmed milk. Recommended portion: 50 g per day.

#### Flavours:

Vanilla, chocolate.

#### Packaging:

Available in a pot 750 g and 2000 g.

#### Allergen information:

Contains milk (lactose) or derivatives thereof.

#### Important to know:

With sweetener.

#### Ingredients:

**Vanilla:** calcium caseinate, flavour, sweetener: aspartame, dextrose. Contains a source of phenylalanine.

**Chocolate:** calcium caseinate, skimmed cocoa powder, sweetener: aspartame, dextrose. Contains a source of phenylalanine.



### Advantages

- Calcium caseinate as a high quality protein source
- Perfect night time formula
- Slow absorption
- High BCAA's
- Low fat content
- Low carbohydrates

**CALCIUM  
CASEINATE**

### Nutritional values:

Vanilla	/ 100 g	/ 50 g
Energy	368 kcal / 1538 kJ	184 kcal / 769 kJ
Carbohydrates	3,4 g	1,7 g
Sugars	0,53 g	0,26 g
Proteins	86,8 g	43,4 g
Fat	0,9 g	0,4 g
Saturated fatty acids	0,6 g	0,3 g
<b>*Essential amino acids</b>		
L-Glutamic acid	19263 mg	9632 mg
L-Proline	9070 mg	4535 mg
L-Leucine*	8725 mg	4362 mg
L-Lysine*	7170 mg	3585 mg
L-Valine*	6392 mg	3196 mg
L-Aspartic acid	6306 mg	3153 mg
L-Serine	5442 mg	2721 mg
L-Isoleucine*	5010 mg	2505 mg
L-Tyrosine	5010 mg	2505 mg
L-Phenylalanine*	4665 mg	2332 mg
L-Threonine*	3974 mg	1987 mg
L-Arginine *	3283 mg	1641 mg
L-Histidine*	2764 mg	1382 mg
L-Alanine	2678 mg	1339 mg
L-Methionine*	2591 mg	1296 mg
L-Glycine	1641 mg	821 mg
L-Tryptophane*	1209 mg	605 mg
L-Cystine	346 mg	173 mg

Chocolate	/ 100 g	/50 g
Energy	362 kcal / 1511 kJ	181 kcal / 756 kJ
Carbohydrates	1,25 g	0,63 g
Sugars	0,53 g	0,26 g
Proteins	86 g	43 g
Fat	1,4 g	0,7 g
Saturated fatty acids	0,6 g	0,3 g
<b>*Essential amino acids</b>		
L-Glutamic acid	18862 mg	9431 mg
L-Proline	8881 mg	4441 mg
L-Leucine*	8543 mg	4271 mg
L-Lysine*	7020 mg	3510 mg
L-Valine*	6259 mg	3130 mg
L-Aspartic acid	6174 mg	3087 mg
L-Serine	5329 mg	2664 mg
L-Isoleucine*	4906 mg	2453 mg
L-Tyrosine	4906 mg	2453 mg
L-Phenylalanine*	4567 mg	2284 mg
L-Threonine*	3891 mg	1945 mg
L-Arginine*	3214 mg	1607 mg
L-Histidine*	2707 mg	1353 mg
L-Alanine	2622 mg	1311 mg
L-Methionine*	2537 mg	1269 mg
L-Glycine	1607 mg	804 mg
L-Tryptophane*	1184 mg	592 mg
L-Cystine	338 mg	169 mg