

2.27KG/5LBS

Sweetener Free

# GOURMET WPI

## GOURMET WPI - A simple, clean and delicious protein, just what the market has been looking for!

Using only Premium Grass Fed WPI, fast digesting whey peptides, natural flavours and digestive enzymes for enhanced assimilation and absorption, International Protein's Gourmet WPI is one of, if not THE cleanest and best tasting high protein supplement available today.

In case you missed that, Gourmet Whey is sweetener free. All these delicious gourmet flavoured proteins are made without sucralose, stevia, aspartame, sucrose, glucose, maltitol or any other sugar substitute.

International Protein has been developing market leading, high quality, great tasting protein supplements for over 15 years. Our vast experience has enabled us to come up with the most delicious flavours, by carefully selecting only natural flavours that give natural sweetness and compliment the protein.

Delicious naturally flavoured Gourmet WPI tastes incredible even when mixed on water but it also blends perfectly with low fat milk, almond and coconut milk or can be mixed into other foods like yoghurt.

The WPI in Gourmet WPI is Sourced from Grass Fed undenatured WPI which is naturally high in bioactive peptides for muscle tissue synthesis. This nutrient packed protein is a rich source of all the essential amino acids and contains the highest concentration (22%) of Branched Chain Amino Acids (BCAA's), especially leucine of any protein source. BCAA's help facilitate muscle recovery after hard training or sport.

### SWEETENER FREE

No added sweeteners of any kind. That's means no added stevia, sucralose, aspartame or sugars of any kind. The sugars in the product are naturally occurring from the whey and the natural flavours.

### NATURAL AND SIMPLE

Natural Grass Fed Whey proteins and whey peptides, natural flavours and gut friendly digestive enzymes. It doesn't get much cleaner and simpler than that.

### RAPID ABSORPTION & RECOVERY

Fast digesting Grass Fed WPI and Hydrolysed Whey Peptides break down rapidly for fast absorption and efficient utilisation by the body. All the nutrients you need to speed up the natural recovery process.

### PREMIUM GRASS FED

Whey protein isolate made from healthy, happy grass fed cows, with naturally occurring nutrients including CLA, beta-carotene and Vitamin D.

### DIGESTIVE ENZYMES

Added DigeZyme® digestive enzymes, including protease, to help break down proteins into simple amino acid chains and facilitate the absorption of these amino acids within the body.



NUTRITION INFORMATION		Ave Qty per 30g serving	Ave Qty per 100g
Serving size: 30 g			
Servings per container: Approx.75			
Energy		470 kJ	1566 kJ
		112 Cal	374 Cal
Protein		25.8 g	86.1 g
Gluten		0 g	0 g
Fat - Total		0.5 g	1.8 g
- Saturated		0.2 g	0.7 g
Carbohydrates - Total		0.6 g	2.0 g
- Sugars		0.3 g	1.2 g
Sodium		70 mg	230 mg
Potassium		92 mg	305 mg

\*All specified values are averages for all flavours

**DIRECTIONS FOR USE:** Mix 30g (1 SCOOP) with 150ml – 200mL of water, low fat milk, almond, coconut milk or any other beverage of choice in a glass or shaker. Use 1-3 serves daily depending on your protein requirements. Best times for use are with breakfast, between major meals, before and after training or exercise.

**INGREDIENTS:** Whey Protein Isolate (Instantised with soy lecithin), Whey Protein Hydrolysate (Whey Peptides), Natural Flavours, DigeZyme® [(Digestive Enzyme Blend (α-amylase, protease, lipase, cellulase, lactase)]  
**Contains milk and soy.**  
**Manufactured on equipment that also produces products containing egg.**

AMINO ACIDS	Ave Qty per 30g serving	Ave Qty per 100g
Essential Amino Acids		
Leucine	2890 mg	9640 mg
Lysine	2845 mg	9475 mg
Threonine	2060 mg	6875 mg
Isoleucine	2100 mg	7005 mg
Valine	1925 mg	6410 mg
Phenylalanine	820 mg	2740 mg
Methionine	630 mg	2100 mg
Histidine	450 mg	1510 mg
Tryptophan	470 mg	1560 mg
Non - Essential Amino Acids		
Glutamine & Glutamic Acid	5280 mg	17600 mg
Aspartic Acid	3095 mg	10310 mg
Proline	1760 mg	5870 mg
Alanine	1530 mg	5100 mg
Serine	1450 mg	4830 mg
Tyrosine	785 mg	2605 mg
Arginine	560 mg	1870 mg
Cysteine	690 mg	2295 mg
Glycine	445 mg	1480 mg



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