



COMPLETE AMINOS



Intra and post-workout formulation developed to help achieve the fastest recovery possible after training, while still achieving significant muscle synthesis and reduced muscle soreness.



Substantial human clinical studies show PeptoPro® can improve endurance, reduce muscle soreness, deliver faster recovery and increase muscle growth.



Studies show that when PeptoPro® is consumed with carbohydrates (Extreme Carbs), improved protein balance and muscle protein synthesis was observed.

NUTRITION INFORMATION		
Servings per container: 30 Serving size: 10.6g		
	Qty per 10.6g serve	Qty per 100g
Energy	143 kJ 34 Cal	1353 kJ 323 Cal
Protein	7.6 g	71.3 g
- L-Glutamine*	2.9 g	27.3 g
- L-Leucine*	0.9 g	9.0 g
- L-Valine*	0.5 g	5.0 g
- L-Isoleucine*	0.5 g	4.3 g
Fat - Total	0 g	0.1 g
- Saturated	0 g	0.1 g
Carbohydrates, Total	0.9 g	8.2 g
- Sugars	0.6 g	5.2 g
- Lactose	0.03 g	0.3 g
Sodium	96 mg	906 mg

ESSENTIAL AMINO ACIDS	Qty per 10.6g serve	Qty per 100g
Isoleucine	454 mg	4284 mg
Leucine	949 mg	8951 mg
Lysine	338 mg	3192 mg
Methionine	149 mg	1407 mg
Phenylalanine	212 mg	2002 mg
Threonine	166 mg	1569 mg
Tryptophan	46 mg	433 mg
Valine	529 mg	4988 mg
NON-ESSENTIAL AMINO ACIDS		
Histidine	126 mg	1190 mg
Arginine	172 mg	1623 mg
Alanine	132 mg	1244 mg
Aspartic Acid	287 mg	2705 mg
Glutamine & Glutamic Acid	2889 mg	27251 mg
Glycine	80 mg	757 mg
Proline	487 mg	4599 mg
Serine	235 mg	2218 mg
Tyrosine	252 mg	2380 mg

*Added free form and naturally occurring amino acids

DIRECTIONS FOR USE:

For lean muscle recovery:
Mix 10.6g (1 SCOOP) with 500ml of water and consume during and after your workout.

FOR ENERGY & MUSCLE RECOVERY: Mix 10.6g (1 SCOOP) with 500ml of water and 40g – 80g (1 – 2 SCOOPS) of International Protein EXTREME CARBS and consume during and after intense activity.

INGREDIENTS: Peptopro® Hydrolysed Casein, L- Glutamine, Instantised Branched Chain Amino Acids (L- Leucine, L-Isoleucine, L-Valine), Flavours, Food Acid (Malic Acid), Colours (Copper Chlorophyllin, Curcumin), Sweetener (Sucralose), Emulsifier (Sunflower Lecithin).

This product contains PeptoPro®. PeptoPro® is a Trademark of DSM



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