

# PROTEIN SYNERGY



## SUITABLE FOR ALL AGES

6 different high quality proteins combine to provide a broad spectrum of amino acids that meet the needs of everyone from teens to the elderly and everyone in between.



## SUITABLE ON WATER

Delicious flavours formulated to taste great even when mixed on water. Also blends perfectly with alternatives such as almond and/or coconut milks, soy milk, low fat milk, even with yoghurt or fruit juice.



## TIMED RELEASE PROTEIN

Proteins from Whey Peptides, WPI, WPC, Egg Albumen, Micellar Casein & Calcium Caseinate start to break down within minutes and continue for up to 8 hours.



## ACTIVE LIFESTYLES

The unique and varied absorption rates of the 6 protein blend provides a steady supply of the amino acids needed by active people. Also suitable for hard training athletes.



## GRASS FED WPI

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® to help break down proteins into simple amino acid chains to facilitate the absorption of these amino acids within the body.

**SYNERGY PROTEIN MATRIX** – delivers a constant supply of essential amino acids into the bloodstream for a period of hours, ensuring a high positive nitrogen balance is maintained for maximal muscle growth.

**WHEY PROTEINS** – Whey Peptides, Whey Protein Isolate (WPI) and Whey Protein Concentrate (WPC); provide rapidly absorbed protein and peptides to initiate recovery and stimulate muscle growth. Whey peptides start the muscle building process by stimulating the liver to produce anabolic growth factors.

**EGG ALBUMEN & CASEINS** – with a medium digestion rate, original protein 'gold standard', egg white albumen continues the supply of muscle building amino acids up to around 4 hours, while casein's slowly release amino acids for up to 8 hours, helping to improve protein absorption. Casein contains high levels of muscle sparing amino acids glutamine, threonine and arginine.

Serving size: 40g	40g serve	100g
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

SYNERGY AMINO ACIDS (Typical Profile)		
ESSENTIAL AMINO ACIDS	Qty per 40g serve	Qty per 100g
Isoleucine	1892 mg	4730 mg
Leucine	3376 mg	8440 mg
Lysine	2904 mg	7260 mg
Methionine	756 mg	1890 mg
Phenylalanine	1252 mg	3130 mg
Threonine	2040 mg	5100 mg
Tryptophan	606 mg	1515 mg
Valine	1936 mg	4840 mg
NON-ESSENTIAL AMINO ACIDS		
Histidine	662 mg	1655 mg
Alanine	1600 mg	4000 mg
Arginine	988 mg	2470 mg
Aspartic Acid	3054 mg	7635 mg
Cysteine	576 mg	1440 mg
Glutamic Acid*	5994 mg	14985 mg
Glycine	652 mg	1630 mg
Proline	1708 mg	4270 mg
Serine	1616 mg	4040 mg
Tyrosine	1216 mg	3040 mg

\* Glutamic Acid = Glutamine

**DIRECTIONS FOR USE:** Mix 40g (approx. 1 ½ SCOOPS) with 200-300ml of cold water in a shaker or blender. Can also be made up on other beverages such as low fat milk, almond milk, coconut milk or full cream milk. Take three times daily to obtain your required protein intake. Best times for use are first thing in the morning, mid morning and /or mid afternoon and before sleep.

**INGREDIENTS:** Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate, Micellar Casein (Milk Protein Isolate), Hydrolysed Whey Protein Isolate (Whey Peptides), Egg Albumen, Flavours, Cocoa\*, Thickeners (412, 466), Chocolate Flake~, Natural Colours (Beetroot Juice Powder^#, Annatto Extract^, Caramel^, Vegetable Carbon Black^), DigeZyme®, Sweetener (Sucralose), Emulsifier (Soy Lecithin).

\* Chocolate flavours only ~ Cookies & Cream flavour only  
# Strawberry flavour only ^ Caramel Popcorn flavour only

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