



# SUPERIOR WHEY



## NO FILLERS OR STABILISERS

High quality whey proteins and glutamine available for your body to digest at the fastest possible rate.



## 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.



## EASILY DIGESTED

Quality whey proteins for rapid and efficient digestion. NO vegetable gums or soy proteins, so it won't leave you feeling bloated.



## CONVENIENT NUTRITION

Great tasting, great quality, great value whey protein that mixes easily in a shaker or with a spoon and can be used frequently during the day to increase protein intake.



## ANTI-AGEING PROTEIN

Quality Whey Proteins like those found in Superior Whey are the best food source for maximising Glutathione production. Glutathione is critical to protecting your cells against oxidative ageing.



## 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.

**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.

**BIOACTIVE PROTEIN** – made with quality Whey Proteins which provide the key amino acids for glutathione production (cysteine, glycine and glutamate). Whey Proteins also contain a unique cysteine residue (glutamylcysteine) that is highly bioactive in its affinity for converting to glutathione. Glutathione is the body's 'master' antioxidant.

**SUPERIOR NATURAL DEVELOPMENT** – Whey Protein is a rich source of all the essential amino acids, especially leucine, which are needed for natural muscular development. Whey proteins are high in Branch Chain Amino Acids (BCAA's) and Glutamine, plus with added plant sourced glutamine, Superior Whey helps facilitate muscle recovery after hard training or sport.

NUTRITION INFORMATION		
Servings per package: 114		
Serving size: 40g		
	Qty per 40g serve	Qty per 100g
Energy	685 kJ 164 Cal	1711 kJ 409 Cal
Protein	31.2 g	78.0 g
Fat - Total	2.9 g	7.2 g
- Saturated	1.8 g	4.6 g
Carbohydrates, Total	2.7 g	6.8 g
- Sugars	1.5 g	3.8 g
- Lactose	1.2 g	3.1 g
Dietary Fibre	0.3 g	0.7 g
Sodium	75 mg	185 mg
Potassium	265 mg	660 mg
Calcium	145 mg (18% RDI)	365 mg

\* All specified values are averages for all flavours  
RDI = Recommended Dietary Intake

SUPERIOR WHEY AMINO ACIDS (Typical Profile)		
ESSENTIAL AMINO ACIDS	Qty per 40g serve	Qty per 100g
Isoleucine	1736 mg	4340 mg
Leucine	3296 mg	8240 mg
Lysine	2820 mg	7050 mg
Methionine	590 mg	1475 mg
Phenylalanine	1086 mg	2715 mg
Threonine	2088 mg	5220 mg
Tryptophan	588 mg	1470 mg
Valine	1786 mg	4465 mg
NON-ESSENTIAL AMINO ACIDS		
Histidine	556 mg	1390 mg
Alanine	1620 mg	4050 mg
Arginine	810 mg	2025 mg
Aspartic Acid	3074 mg	7685 mg
Cysteine	698 mg	1745 mg
Glutamic Acid*	5304 mg	13260 mg
Glycine	638 mg	1595 mg
Proline	1798 mg	4495 mg
Serine	1474 mg	3685 mg
Tyrosine	950 mg	2375 mg
L-Glutamine	400 mg	1000 mg

\* Glutamic Acid = Glutamine

**DIRECTIONS FOR USE:** Mix 40g (1/1/2 SCOOPS) with 200ml-300ml of cold water, low fat milk or beverage of your choice, such as almond or soy milk, in a shaker or blender. Take 2-3 times daily to obtain your required protein intake. Best times for use are first thing in the morning, mid morning and mid afternoon or before and after training.

**INGREDIENTS:** Superior Whey Blend [Whey Protein Concentrate, Whey Protein Isolate, Hydrolysed Whey Protein Isolate (Whey Peptides)], Flavours, Cocoa\*, Chocolate Flake ^, Amino Acid (L-Glutamine), Natural Colours (Beetroot Juice Powder<sup>a</sup>, Annatto Extract<sup>a</sup>, Caramel<sup>a</sup>, Vegetable Carbon Black<sup>a</sup>, Curcumin<sup>a</sup>), DigeZyme®, Sweetener (Sucralose), Emulsifier (Soy Lecithin)

\* Chocolate flavours only

# Banana flavour only

- Caramel Popcorn flavour only

^ Cookies & Cream flavour only

α Strawberry flavour only

DigeZyme® is a trademark of Sabinsa



**BE FEATURED:** We want to see your delicious creations!

Tag @International\_Protein for your chance to be featured.