

**24.5g
PROTEIN**

**3.9g
SUGAR**

**GLUTEN
FREE**

WHEY MATRIX



SUITABLE ON WATER

Delicious flavours formulated to taste great even when mixed on water. Also blends perfectly with alternative milks of your choice or yoghurt.



EASILY DIGESTED

Quality whey proteins for rapid and efficient digestion. No 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 and can be used frequently during the day to increase protein intake.



TIME RELEASED PROTEIN

Proteins from Whey Peptides, WPI, WPC, Milk Protein Concentrate (MPC) and Calcium Caseinate start to break down within minutes and continue for up to 8 hours.



ANTI-AGEING PROTEIN

Quality Whey Proteins like those found in Whey Matrix 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.

DIRECTIONS FOR USE: Mix 1 levelled scoop (approx. 36g) to 200 mL of cold water. 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.

VANILLA ICE CREAM

NUTRITION INFORMATION		
Serving size: 36 g	Average Qty Per Serve	Average Qty Per 100 g
Energy	591 kJ 141 Cal	1650 kJ 394 Cal
Protein	24.5 g	68.0 g
- Gluten	NIL DETECTED	NIL DETECTED
Fat - Total	2.0 g	5.5 g
- Saturated	1.1 g	3.0 g
- Trans fat	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate - Total	5.9 g	16.5 g
- Sugars	3.9 g	10.8 g
Dietary Fibre	LESS THAN 0.5 g	LESS THAN 1 g
Sodium	176 mg	489 mg
Potassium	152 mg	422 mg

INGREDIENTS: Protein Blend [(Whey Protein Concentrate, Calcium Caseinate, **Milk** Protein Concentrate, Whey Powder, Whey Protein Isolate, Hydrolysed Whey Protein Isolate) (**Milk, Soy**)], Flavours (**Milk**), Glycine, Medium Chain Triglyceride Powder (**Milk**), Thickeners (Guar Gum, Sodium Carboxymethylcellulose), Salt, Sweetener (Sucralose), DigeZyme® [Digestive Enzyme Blend (α-Amylase, Protease, Lipase, Cellulase, Lactase)].

Contains Milk, Soy. May contain egg due to product manufactured on the equipment that produces product containing this allergen.

CHOCOLATE

NUTRITION INFORMATION		
Serving size: 36 g	Average Qty Per Serve	Average Qty Per 100 g
Energy	580 kJ 139 Cal	1630 kJ 390 Cal
Protein	24.5 g	68.0 g
- Gluten	NIL DETECTED	NIL DETECTED
Fat - Total	2.2 g	6.0 g
- Saturated	1.2 g	3.3 g
- Trans fat	LESS THAN 1 g	LESS THAN 1 g
Carbohydrate - Total	4.9 g	13.6 g
- Sugars	3.9 g	10.8 g
Dietary Fibre	LESS THAN 1 g	2.0 g
Sodium	176 mg	488 mg
Potassium	231 mg	641 mg

INGREDIENTS: Protein Blend [(Whey Protein Concentrate, Calcium Caseinate, **Milk** Protein Concentrate, Whey Powder, Whey Protein Isolate, Hydrolysed Whey Protein Isolate) (**Milk, Soy**)], Cocoa Powder, Flavours (**Milk**), Glycine, Medium Chain Triglyceride Powder (**Milk**), Thickeners (Guar Gum, Sodium Carboxymethylcellulose), Salt, Sweetener (Sucralose), DigeZyme® [Digestive Enzyme Blend (α-Amylase, Protease, Lipase, Cellulase, Lactase)].

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WHEY MATRIX



WHEY PROTEINS – Whey Peptides, Whey Protein Isolate (WPI), Whey Protein Concentrate (WPC), Milk Protein Concentrate (MPC) and Calcium Caseinate 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), therefore, Whey Matrix helps facilitate muscle recovery after hard training or sport.

NATURALLY OCCURRING AMINO ACIDS FROM PROTEIN BLEND AND ADDED FREE FORM (Typical Profile)

ESSENTIAL AMINO ACIDS	Qty Per Serve Vanilla	Qty Per Serve Chocolate
Leucine	2350 mg	2380 mg
Lysine	2060 mg	2090 mg
Threonine	1420 mg	1440 mg
Valine	1400 mg	1420 mg
Isoleucine	1330 mg	1350 mg
Phenylalanine	897 mg	914 mg
Methionine	516 mg	525 mg
Histidine	514 mg	524 mg
Tryptophan	358 mg	364 mg
NON-ESSENTIAL AMINO ACIDS		
Glutamic Acid	4010 mg	4080 mg
Aspartic Acid	2240 mg	2280 mg
Proline	1700 mg	1730 mg
Glycine	1510 mg	1250 mg
Serine	1220 mg	1100 mg
Alanine	1000 mg	1020 mg
Tyrosine	892 mg	908 mg
Arginine	703 mg	716 mg
Cysteine	360 mg	367 mg

*Glutamic Acid = Glutamine

FREQUENTLY ASKED QUESTIONS:

Q: Does Whey Matrix contain all essential amino acids?

A: Yes, it provides a full profile of essential amino acids (including Leucine, Lysine, Threonine, Valine, Isoleucine, Phenylalanine, Methionine, Histidine and Tryptophan) as well as non-essential amino acids like Glutamine, Glycine, Cysteine and Arginine.

Q: What are the standout points for consumers?

A: Great taste on water alone, easy digestion (no soy protein isolate irritation), time-released amino acid delivery over 8 hours, added digestive enzymes, and a full essential amino acid profile; positioning it as a convenient, versatile everyday protein.

Q: Who is Whey Matrix suitable for?

A: It's aimed at anyone looking to boost daily protein intake, from general health users to athletes supporting muscle recovery and growth.

Q: Where does the carbohydrate/sugar come from if this is a protein powder?

A: The 3.9g sugar per serve is derived from residual lactose naturally present in the dairy-based protein fractions (WPC, MPC, whey powder, caseinate), plus flavouring systems. Sweetness itself comes from sucralose, a non-nutritive sweetener that contributes negligible carbohydrate.

Q: Does the enzyme blend eliminate lactose from the product?

A: No, lactose is still present as reflected in the sugar values (3.9g/serve). The lactase component is intended to assist digestion of that residual lactose, not remove it from the formulation.

Q: Is Whey Matrix gluten free?

A: Yes, Whey Matrix is gluten free in both flavours.