

## ISO Whey

Whey Protein Isolate is processed to remove most of the fat, lactose, and other impurities, resulting in a product with a high protein content (usually 85% or more).

It is produced through a series of processing steps that separate whey protein from other components found in milk, such as fats and carbohydrates. The goal is to create a protein powder that is almost pure whey protein with very little or no lactose, fat, and cholesterol. Its rapid digestion and absorption into the body make it an excellent source of amino acids, essential for muscle repair and growth after intense workouts. Additionally, whey protein isolate contains important immune-boosting compounds such as lactoferrin and immunoglobulins. It can aid in weight management by promoting satiety and assisting in maintaining lean muscle mass. Moreover, being low in carbohydrates and fats, it fits well into various diets.

### Nutritional information:

This product is of 2kg weight and contains approximately 66 servings measuring approximately 30g per serving/scoop.

Nutrition Information:	Per 30g	Per 100 g
Energy	119 Kcal /1000 KJ	396 kcal / 1,577.51 KJ
Protein	26 g	86 g
Fat	0.85 g	2.83 g
Fat of which Saturated	0.4 g	1.3 g
Carbohydrates	1.5 g	5 g
Carbohydrates of which sugar	0.4 g	1.3 g
Fibre	10 mg	33 mg
Sodium	184 mg	613 mg

### Ingredient profile:

Whey Protein Isolate (derived from **milk**). Colouring, sweetener (sucralose), flavouring (please see front of pouch sticker for flavour).

### Suggested use:

Mix 1 level scoop with 250-300ml of water or milk. Shake well in your protein shaker for around 20 seconds. Consume within 1 hour of mixing Iso Whey Powder with liquid.

### Note:

This product is not intended to replace solid foods. ISO Whey is a food supplement to be used alongside a healthy diet and lifestyle. Store in a cool dry place and keep out of reach from children.

### Allergen information and health:

The main ingredient within this product is milk based. Please see ingredient profile text in bold for listed allergens.

Although not added directly to this product, ISO Whey does share manufacturing lines with other products that use allergen ingredients and there is risk of cross-contamination. Allergen ingredients such as: peanut, cashew nut, hazelnut, gluten, wheat and soya.