



Weider Gold Whey Protein 2kg bag



Weider Gold Whey - pure whey concentrate to cover the protein requirement after training.

CHF 85.00

Weider Gold Whey Protein contains globulins and glycomacropeptides, which are known as bioactive substances. Similar to probiotics or omega-3 fatty acids, they are said to have health-promoting properties. They also contain beta- and alpha-lactoglobulins, which regulate the acid and alkaline balance and are described as energy suppliers. Immunoglobulins also strengthen the body's defenses and glycomacropeptides control the appetite.

WEIDER Gold Whey has a great taste, is easy to mix, does not clump and does not become thick after mixing. This promises optimum absorption of nutrients! Naturally, the product is LOW FAT* and LOW CARB* (*when mixed with water)!

Product description:

Powder for mixing a protein drink based on whey protein

Special features:

- produced by ultrafiltration, no ion exchange
- high protein content: 80 g/100 g product
- therefore contains all the valuable components of whey protein

Training phases:

- Muscle building phase
- strength phase



- Definition phase (mix with water)

Product properties:

- provides more protein than carbohydrates with 23 g BCAA per 100 g protein
- cysteine content = 2.2 g/100 g protein
- produced by ultrafiltration and therefore very quickly available for the body
- when mixed with water, the gastrointestinal transit time is only approx. 20 minutes, i.e. it is ideal after training
- indispensable as the first anabolic meal of the day
- aspartame-free
- can support the build-up of muscle mass and strength
- can support fat loss in the definition phase due to the low KH content

Recommended intake:

- one portion in the morning directly after getting up = anabolic start to the day
- one portion directly after training
- in the build-up phase mix with milk + a piece of fruit
- mix with water during the definition phase, do not add fruit

Flavors: Chocolate, vanilla

Packaging unit: 2kg bag