



## Weider Gold Whey Protein 500g bag



Weider Gold Whey - pure whey concentrate to cover your protein needs after training. Available in 4 delicious flavors.

CHF 24.00

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 immune system 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 whey protein-based drink containing 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, strawberry, vanilla, banana

Packaging unit: 500g bag