



Weider 100% Casein Day & Night 1.8kg Can



Protein powder with calcium caseinate for a supply of amino acids for several hours.

CHF 89.00

Training phases

- Muscle building phase
- Strength building phase
- Definition phase

Product features

- High protein content from pure casein of over 84% (vanilla)!
- Contains only pure casein in the protein content.
- Strong anti-catabolic effect.
- Very good saturation behavior.
- 1g casein binds up to 4g water =gt: pleasant and creamy consistency.
- Promotes strength building and muscle growth.
- High content of L-glutamine.
- High content of BCAAs in a favorable ratio.
- Shortens the recovery time.
- Supports fat burning.
- Very low fat and carbohydrate content.
- Excellent taste even with water.

Recommended intake:

- Stir 25 g powder into 300 ml water.
- For breakfast, after training and ideal before bedtime!



Special features

- Very high protein content from 100% pure casein
- Less than 1 g fat and carbohydrates per serving
- Provides up to 7 hours of amino acids

Information

- Casein is digested slowly and results in a continuous release of amino acids into the bloodstream. Muscle can be supplied with "building material" for up to 7 hours. Longest supply compared to all other protein types!
- Furthermore, pure casein causes a low insulin release and thus has an anti-catabolic effect over a long period of time. In combination with the low fat and carbohydrate content, the fat metabolism can work at a very high level after the supply.
- The special biochemical properties of casein can only be fully utilized with an absolutely pure product. Weider 100% Casein is produced with the most modern processes and offers the highest quality for the training success of the user.
- 100% Casein is therefore ideal as the last meal before sleeping at night or to bridge longer meal breaks in the definition phase. Also the use for the protection of the musculature before a persevering training unit for the fat burn is in the best way possible.
-gt: Best alternative to lean quark and cottage cheese
- Casein is the name given to the main protein fraction of milk, which makes up about 80% of milk proteins. Caseins have special nutritional and functional properties that differ significantly from those of the other milk proteins
- The genetically determined structure of casein enables 1g of casein to bind up to 4g of water. This results in a very creamy consistency during preparation, which contributes to an excellent taste and has very good satiating properties.

Flavor: Chocolate, Vanilla
Packaging unit: 1.8kg can

Content: 1800g