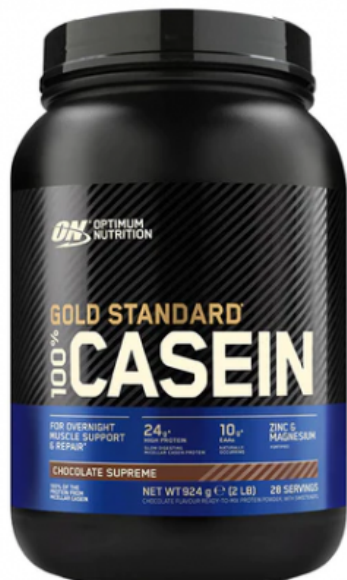




## Optimum Nutrition 100% Casein Gold Standard 924g



The 100% Casein Gold Standard is the world's leading and first pure micellar casein on the market. The long-chain protein with a high content of BCAA's and L-Glutamine is significantly thicker and firmer compared to Whey or Egg Protein. Thus, the creamy shake provides 24 grams of purest protein and 3 grams of carbohydrates without added sugar and with very little fat. Especially at night casein is ideal to support muscle maintenance.

CHF 59.90

Casein is the slowest digested and absorbed type of protein. This helps create a "time-release" effect and provides you with a steady stream of amino acids to your muscles over a longer period of time.

### Directions

Dissolve approx. 35g in cool, low-fat milk (approx. 200ml) or in cool water (approx. 200ml). Ideally a shake cup is used. Use before bedtime or between meals for protein supply.

### Ingredients

Protein blend (micellar casein, calcium caseinate), cocoa (processed with alkali), natural and artificial flavors, salt, gum blend (cellulose gum, xanthan gum, carrageenan), sucralose

Packaging unit: 928g tin

Flavors: Vanilla, Chocolate, Strawberry, Cookies & Cream.