



## Optimum Nutrition 100% Casein Gold Standard 1818g



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 99.90**

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.

### **Recommended Use**

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 to provide protein.

### **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: 1818g tin

Flavors: Vanilla, Chocolate