

ENERGY PRO WHEY PROTEIN

Versatile nutrition for
life and sport

Shape yourself ✓



What is protein?

Protein is an organic compound made up of amino acids. Protein is found in muscles, bones, skin, tissues, and even hair, so it is extremely important to our bodies.



It is important for all purposes



Keeping fit

- Replenishes the amount of protein in the diet
- Source of essential amino acids for immune and CNS regulation
- Important for healthy skin and hair



Weight gain

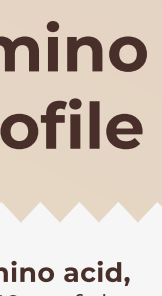
- Boosts muscle building and improves recovery
- Replenishes your energy reserves



Losing weight and leaning out

- Protects muscles from breaking down
- Reduces the formation of subcutaneous fat

What Energy Pro Protein has to offer



100% Whey Protein Concentrate

Quickly digested and contains a full range of essential amino acids



High protein content

What you need to nourish your muscles and health



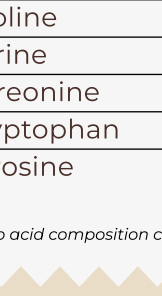
Additionally enriched with 5.7 g of BCAA 2:1:1

Preserves muscle integrity, maintains energy and endurance



Natural flavor and aroma

A tasty refreshment to snack on and enjoy after a workout or anytime you want it



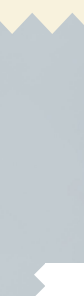
Only 117 kcal in a single serving

Easy to fit into any of your diets

Amino acid profile

Amino acid, g/30 g of dry product	Vanilla	Chocolate
BCAA		
Leucine	2,93	2,91
Isoleucine	1,44	1,43
Valine	1,36	1,35
Alanine	1,03	1,03
Arginine	0,48	0,47
Aspartic acid	2,38	2,36
Cysteine	0,48	0,48
Glutamic acid	4,09	4,05
Glycine	0,41	0,41
Histidine	0,40	0,39
Lysine	2,06	2,04
Methionine	0,45	0,45
Phenylalanine	0,66	0,65
Proline	1,30	1,29
Serine	1,14	1,12
Threonine	1,50	1,49
Tryptophan	0,32	0,31
Tyrosine	0,57	0,56

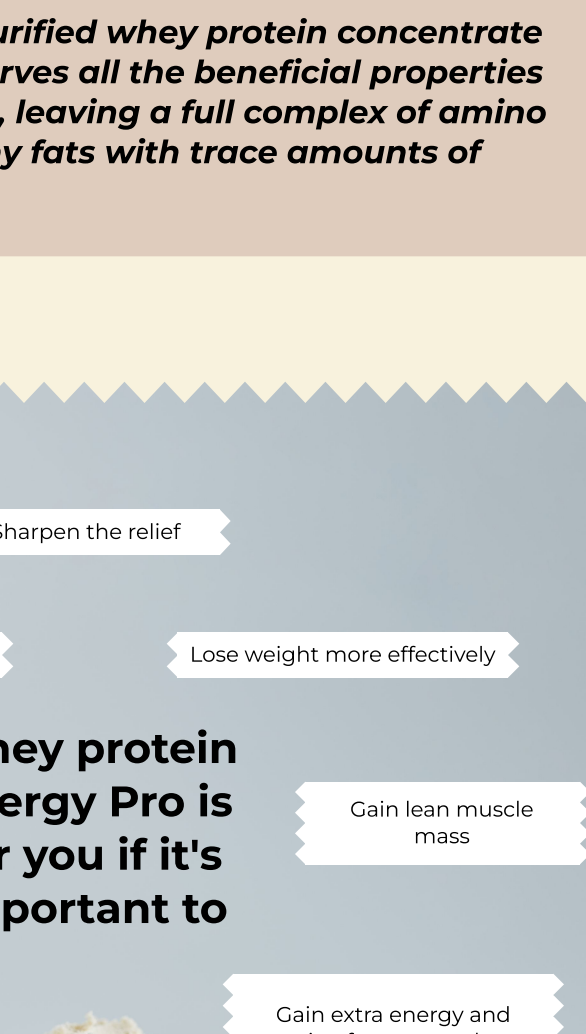
Amino acid composition can range from 0.005% to 15%



BCAAs are essential branched-chain amino acids that are metabolized immediately in the muscles rather than in the liver.

What can a lack of protein in the diet lead to?

- You tire more quickly, sleep less well and become lethargic
- You have decreased mental alertness
- Cravings for sweets increase
- Growth and recovery are slowed down
- Swelling appears, and hair and nails become brittle



With additional load (training, illness, stress, etc.) - protein requirement increases up to 200% of recommended daily intake

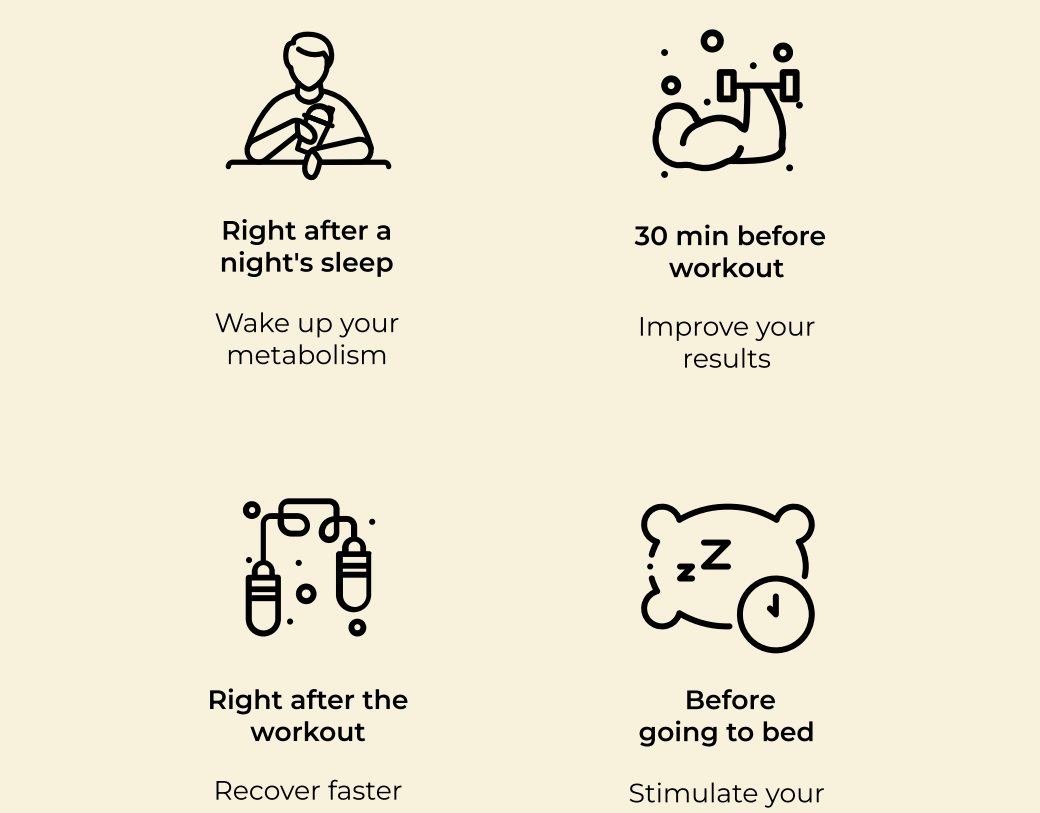


Why whey protein

It is an all-natural protein derived from cow's milk with no sweeteners, flavors or colors, or preservatives. Whey protein is easily digested by the body and has excellent metabolic qualities, filling the body with protein with high biological value.



It contains a large amount of essential amino acids



Comparative table with other types of protein

Type of protein	Biological value	Assimilation rate	Amino acid levels	Taste
Whey	100	10-15 g/hour	High	Tasty
Egg	100	9-10 g/hour	Very high	Medium
Milk	90	4-5 g/hour	Medium	Medium
Casein	80	4-6 g/hour	Medium	Medium-low
Soy	74	3-5 g/hour	Medium-low	Medium-low



We use highly purified whey protein concentrate (80%). This preserves all the beneficial properties of native protein, leaving a full complex of amino acids and healthy fats with trace amounts of lactose

Sharpen the relief

Improve muscle tone

Lose weight more effectively

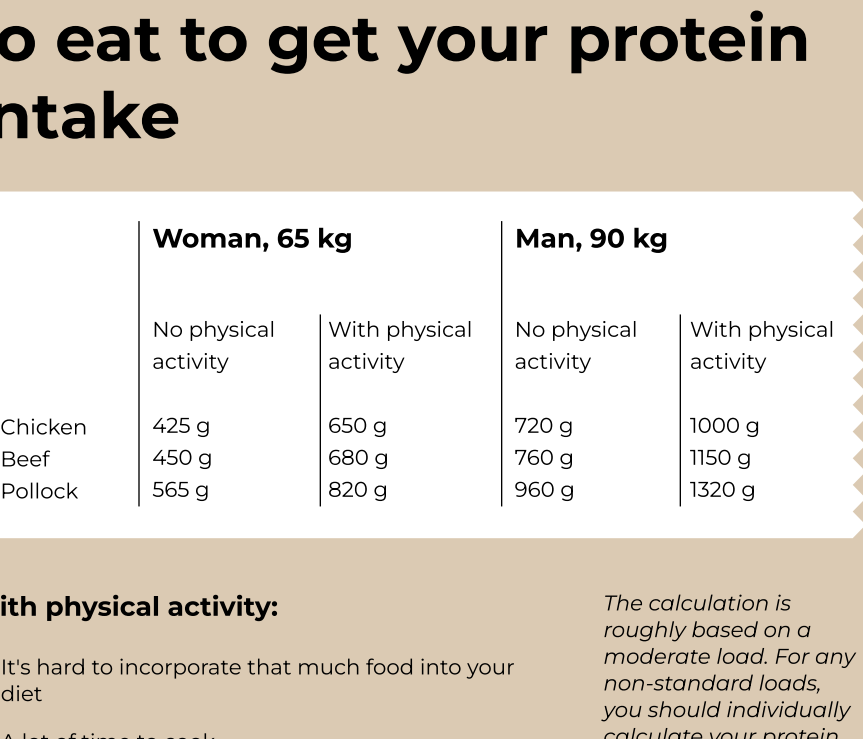
Burn off subcutaneous fat faster

Whey protein Energy Pro is for you if it's important to

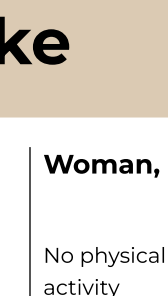
Gain lean muscle mass

Get a faster recovery after a workout

Gain extra energy and stamina for your workouts

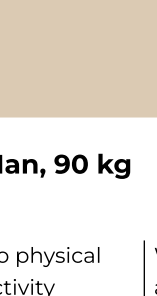


Choose any convenient intake regimen depending on your goals!



Right after a night's sleep

Wake up your metabolism



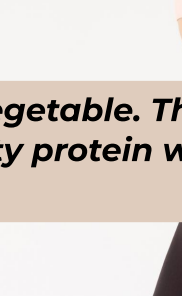
30 min before workout

Improve your results



Right after the workout

Recover faster



Before going to bed

Stimulate your muscle growth

Recommended protein intake

	Man	Woman
No physical activity	1.5-1.7 g/kg	1.2-1.5 g/kg
With physical activity	2.2-2.5 g/kg	2.0-2.2 g/kg

How do I calculate my protein allowance?

For example, you're a girl who weighs 65 kg. You exercise at a moderate intensity. You need to multiply your weight by 2. 65*2=130g of protein should be eaten per day

Not including the vegetable. That is, we consider high-quality protein with a good amino acid profile

