

INTRODUCING

# ISOWHEY<sup>®</sup> SPORTS

OPTIMAL  
— PERFORMANCE —  
NUTRITION



➤ FOR SUPERIOR  
ATHLETIC  
PERFORMANCE

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**INTRODUCING**  
**ISOWHEY® SPORTS,**  
A UNIQUE NEW RANGE  
FROM LEADING PROTEIN  
SPECIALISTS, ISOWHEY®

**PROTEIN >**  
**PRE-WORKOUT >**  
**ENDURANCE >**  
**POST-WORKOUT >**

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IsoWhey Sports has evolved from the passion that IsoWhey has for peak health and research-based nutritional supplementation. Each product contains ingredients sourced only from world leaders in nutraceutical science, and provides doses aimed at delivering results.

Our commitment to providing pure, nutritional ingredients that truly complement a healthy lifestyle means that the entire IsoWhey Sports range is also free from all artificial colours, flavours, sweeteners, and added fructose.

IsoWhey Sports provides superior products and ingredients for optimal performance nutrition.



ISOWHEY SPORTS  
OPTIMAL PERFORMANCE NUTRITION  
ULTIMATE ENDURANCE  
PRE DURING  
TROPICAL FLAVOUR

ISOWHEY SPORTS  
OPTIMAL PERFORMANCE NUTRITION  
REFUE REBU  
PRE DURING  
BERRY FLAVOUR

ISOWHEY SPORTS  
OPTIMAL PERFORMANCE NUTRITION  
100% LEAN WPI+  
PRE DURING POST  
CHOCOLATE FLAVOUR

ISOWHEY SPORTS  
OPTIMAL PERFORMANCE NUTRITION  
PROTEIN, CARB  
PRE DURING POST  
CHOCOLATE FLAVOUR

ISOWHEY SPORTS  
OPTIMAL PERFORMANCE NUTRITION  
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PRE DURING POST  
CHOCOLATE FLAVOUR

ISOWHEY SPORTS  
OPTIMAL PERFORMANCE NUTRITION  
INE ER  
PRE DURING POST  
CHOCOLATE FLAVOUR

# HIGH PROTEIN, HIGH CARB

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOURS: CHOCOLATE & VANILLA

SIZE: 1.2kg



A high protein, high carbohydrate formula designed specifically for athletes with increased energy demands.

Featuring a triple protein blend of premium whey protein concentrate and isolate plus casein, the High Protein, High Carb formula aids muscle repair and growth<sup>†</sup> when exercise demands are high. Fast-acting carbohydrate waxy maize starch delivers energy when it's needed, plus high dose amino acids for elite athletes who require a formula to support elevated nutritional needs.

Whey protein has rapid absorption and is generally used around the time of exercise, facilitating protein uptake and usage by muscle tissue. WPC is 80% protein and contains lactose and about 5% fat. Whereas, WPI is 90% protein and has minimal lactose and fat.

WPC takes a little longer to digest and absorb due to its additional macronutrient content, therefore may be useful for athletes wanting to increase muscle size as opposed to maintaining a leaner muscle mass and body composition.

Casein has a slow absorption rate and, high in glutamic acid, is mostly used to provide a steady supply of protein during the overnight fast, when muscle repair is taking place, or after resistance training to help maintain muscle mass.<sup>†</sup>

*All nutritional information is for the chocolate flavour.*

22.3g 14.6g 2.0g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING  
SIZE (50g)

=



1.5 LEVEL  
SCOOPS

Mix 1 serve into 200mL of water, milk or milk substitute. Consume once daily.

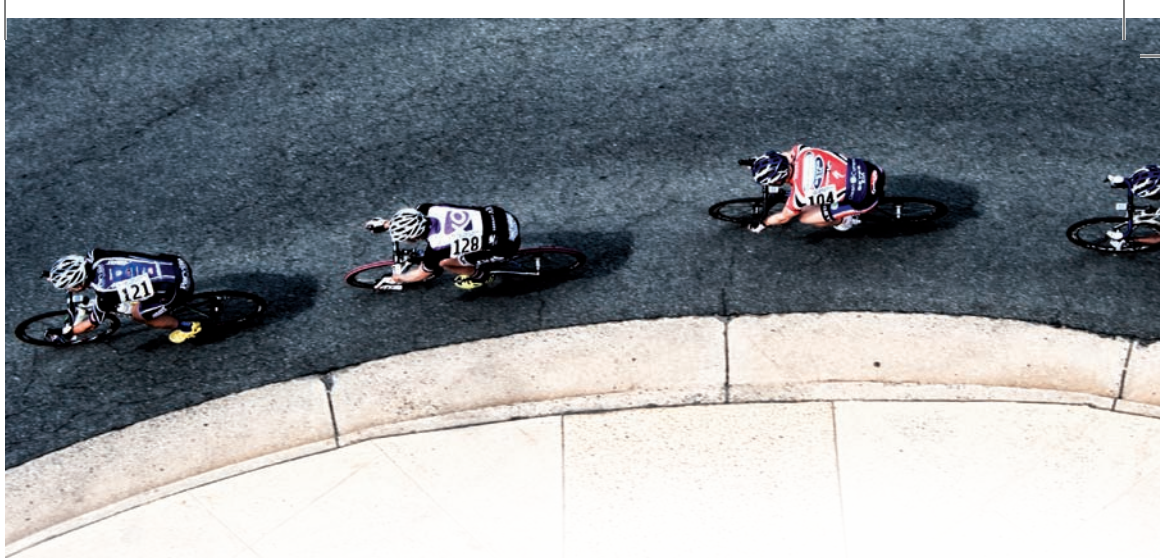


High protein diets increase the body's need for water. It is recommended to increase your daily water intake with use of this formula.

**INGREDIENTS:** Whey protein concentrate (45.7%), maltodextrin, sweeteners (xylitol, steviol glycosides), maize starch (5%), cocoa powder, whey protein isolate (3%), calcium caseinate (3%), creatine monohydrate, natural flavours, vitamin and mineral blend (calcium carbonate, magnesium oxide, ascorbic acid [vitamin C], dl-alpha-tocopheryl acetate [vitamin E], ferrous fumarate [iron], nicotinamide [vitamin B3], zinc oxide, manganese sulfate, pyridoxine hydrochloride [vitamin B6], cyanocobalamin [vitamin B12], d-calcium pantothenate [vitamin B5], riboflavin [vitamin B2], retinyl acetate [vitamin A], thiamin hydrochloride [vitamin B1], copper gluconate, sodium molybdate [molybdenum], selenomethionine [selenium], potassium iodate [iodine], cholecalciferol [vitamin D3], chromium nicotinate, folic acid, biotin), L-glutamine, sunflower or soy lecithin, enzymes, *Lactobacillus acidophilus*, *Bifidobacterium lactis*.

**NOTICE:** Contains milk and soy products. Contains xylitol: Excess consumption may have a laxative effect. Phenylketonurics: Contains phenylalanine. Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.





### KEY FEATURES AND BENEFITS

› Source of three types of protein from grass-fed New Zealand cows using a cold filtration extraction process:

**Calcium caseinate:** casein is the protein form that is obtained from the curds fraction of dairy milk (as is cheese); it is high in glutamic acid and is digested at a slower rate than whey protein, thus supplying the body with a sustained release of amino acids.

**Whey protein concentrate (WPC):** the protein form that remains after excess fluid, fat, carbohydrate and casein are removed from the whey fraction of dairy milk, high in protein fractions and BCAAs.

**Whey protein isolate (WPI):** is WPC further refined to remove fat and carbohydrate, including lactose, giving 90% protein content but lower in bioactive compounds than WPC.

› More than 21g\* of protein per serve for support of muscle structure and growth.

› 14g\* (chocolate) and 16g\* (vanilla) of carbohydrates for sustained energy.

› Carbohydrate sourced from waxy maize starch, which contains a large amount of branched starch called amylopectin that helps restore muscle energy reserves.†

› High dose of amino acids that contribute to optimal muscle growth.†

› Creatine provides energy to support contracting muscles during anaerobic exercise.

\*Based on average amounts per serve.

†When consumed as part of a healthy and varied diet.

### HIGH PROTEIN, HIGH CARB NUTRITION INFORMATION (CHOCOLATE)\* Servings per container = 24. Serving size = 50g.

	Per serve	Per 100g		Per serve	Per 100g		Per serve	Per 100g
Energy	764kJ (183Cal)	1530kJ (365Cal)	Iodine	34.4mcg	68.9mcg	Glutamic acid	4150mg	8300mg
Protein	22.3g	44.5g	Chromium	25mcg	50mcg	Glutamine (added)	500mg	1000mg
Fat	- total - saturated	2.0g 1.4g	Molybdenum	46.2mcg	92.4mcg	Glycine	413mg	826mg
Carbohydrate	- total	14.6g	Thiamin	800mcg	1.6mg	Histidine	395mg	789mg
Available	- sugars	2.0g	Riboflavin	1.3mg	2.5mg	Isoleucine	1340mg	2680mg
Unavailable	- lactose	1.4g	Niacin	7.3mg	14.7mg	Leucine	2180mg	4350mg
	- xylitol	4.7g	Pantothenic acid	1.4mg	2.8mg	Lysine	1810mg	3620mg
Dietary fibre	less than 1g	1.2g	Vitamin B6	1.2mg	2.4mg	Methionine	599mg	1200mg
Sodium	65mg	130mg	Folate	146mcg	293mcg	Phenylalanine	704mg	1410mg
Potassium	292mg	585mg	Vitamin B12	1.5mcg	2.9mcg	Proline	1300mg	2610mg
Magnesium	175mg	349mg	Biotin	18.4mcg	36.7mcg	Serine	1060mg	2120mg
Calcium	327mg	653mg	Vitamin A	158mcg	315mcg	Threonine	1420mg	2850mg
Iron	5.4mg	10.9mg	Vitamin C	29.4mg	58.8mg	Tryptophan	388mg	776mg
Zinc	4.7mg	9.4mg	Vitamin D	0.9mcg	1.8mcg	Tyrosine	706mg	1410mg
Manganese	923mcg	1.9mg	Vitamin E	7.4mg	14.8mg	Valine	1250mg	2490mg
Copper	262mcg	524mcg	Alanine	1030mg	2070mg	Creatine monohydrate	1.5g	3g
Selenium	10mcg	20mcg	Arginine	558mg	1120mg	Enzyme mix	50mg	100mg
			Aspartic acid	2170mg	4340mg	<i>L. acidophilus</i>	1.9 billion CFU	3.8 billion CFU
			Cysteine/cystine	529mg	1060mg	<i>B. lactis</i>	850 million CFU	1.7 billion CFU

\*Based on average amounts.

# 100% LEAN WPI+

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOURS: CHOCOLATE & VANILLA

SIZE: 1.2kg/1.28kg



This high quality, high protein, low carbohydrate powder is scientifically designed to support muscle recovery. It boasts over 24g\* of pure whey protein isolate with less than 3g\* of carbohydrates per serve. Plus, 100% Lean WPI+ contains green tea, alkaline pomegranate, digestive enzymes and probiotics for digestive balance.

WPI is produced from pasteurised whey that has non-protein elements removed. It is 90% protein and has minimal lactose and fat. It is useful for individuals who are looking for a very low lactose way to increase their protein intake. WPI is highly bioavailable, easy to digest, and contains high levels of BCAAs.

Our gut is home to numerous bacteria, typically in a balance of both good and bad bacteria. A healthy digestive system has a balance of both good and bad bacteria.



Causes for the balance to be disturbed include: eating a poor diet high in refined carbohydrates, insufficient dietary fibre and exposure to environmental toxins. Probiotics are micro-organisms (mostly bacteria) that are essential and beneficial to digestive balance.

All nutritional information is for the chocolate flavour.

22.6g 2.4g 1.1g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING  
SIZE (30g)

=



1 HEAPED  
SCOOP

Mix 1 serve into 200mL of water, milk or milk substitute. Consume once daily.



High protein diets increase the body's need for water. It is recommended to increase your daily water intake with use of this formula.

**INGREDIENTS:** Whey protein isolate (83%), sweeteners (xylitol, stevia extract powder), medium chain triglycerides powder, cocoa powder, green tea leaves powder (*Camellia sinensis*), chocolate flavour, L-ornithine, xanthan gum, soy lecithin, pomegranate fruit rind powder (*Punica granatum*), L-valine, enzymes, *Lactobacillus acidophilus*, *Bifidobacterium lactis*.

**NOTICE:** Contains milk and soy products. Contains xylitol: Excess consumption may have a laxative effect. Phenylketonurics: Contains phenylalanine. Contains 42.5mg caffeine per serve from green tea. Not to be used as a sole source of nutrition. Should be used in conjunction with a balanced diet and appropriate exercise program. Not suitable for children under 15 years of age or pregnant women: Should only be used under medical or dietetic supervision.

## KEY FEATURES AND BENEFITS

- Over 22g\* of pure protein from WPI per serve from grass-fed New Zealand cows using a cold filtration extraction process.
- WPI may improve exercise performance and body composition by helping to increase lean body mass.†
- Low carbohydrate; less than 2.5g\* (chocolate) and 5g\* (vanilla) per serve.
- BCAAs for supporting muscle repair and maintaining muscle mass.†
- L-ornithine is an amino acid involved in excretion of ammonia, which can interfere with the production of energy.
- 42.5mg\* of caffeine per serve from antioxidant green tea.
- The antioxidant and alkaline pomegranate, a natural source of potassium and vitamin C.

\*Based on average amounts per serve.

†When consumed as part of a healthy and varied diet.



### 100% LEAN WPI+ NUTRITION INFORMATION (CHOCOLATE)\* Servings per container = 40. Serving size = 30g.

	Per serve	Per 100g		Per serve	Per 100g
Energy	478kJ (114Cal)	1596kJ (380Cal)	Isoleucine	1321mg	4403mg
Protein	22.6g	75.4g	Leucine	2741mg	9138mg
Fat, total	1.1g	3.5g	Lysine	2866mg	9533mg
- saturated	less than 1g	2.2g	Methionine	573mg	1911mg
Carbohydrates, total	2.4g	7.9g	L-ornithine (added)	360mg	1200mg
Available	less than 1g	1.5g	Phenylalanine	673mg	2243mg
- sugars	less than 1g	less than 1g	Proline	2517mg	8390mg
- lactose	less than 1g	less than 1g	Serine	1196mg	3988mg
Unavailable	1.4g	4.8g	Threonine	1769mg	5898mg
- xylitol	less than 1g	less than 1g	Tryptophan	374mg	1246mg
Dietary fibre	135mg	449mg	Tyrosine	922mg	3074mg
Sodium	3.3mg	10.9mg	Valine	1196mg	3988mg
Potassium	8.3mg	28mg	Valine (added)	77mg	257mg
Magnesium	4.7mg	15.8mg	Medium chain triglycerides	1.0g	3.3g
Calcium	22mg	72mg	Enzyme mix	25mg	83mg
Alanine	972mg	3240mg	<i>L. acidophilus</i>	2.25 billion CFU	7.5 billion CFU
Arginine	498mg	1661mg	<i>B. lactis</i>	750 million CFU	2.5 billion CFU
Aspartic acid	2592mg	8640mg	Pomegranate fruit rind powder	100mg	333mg
Cysteine/cystine	498mg	1661mg	Green tea leaves powder	500mg	1.7g
Glutamic acid	3315mg	11049mg			
Glycine	2617mg	8723mg			
Histidine	698mg	2326mg			

\*Based on average amounts.



# ISOWHEY<sup>®</sup> SPORTS

— OPTIMAL  
— PERFORMANCE —  
NUTRITION



**NO**

**ARTIFICIAL COLOURS, FLAVOURS,  
SWEETENERS OR ADDED FRUCTOSE**

ISOWHEYSports.COM.AU



# PRE-WORKOUT FUEL

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOUR: BERRY

SIZE: 500g



A scientifically researched formula to support exercise performance. Amino acids creatine monohydrate, L-arginine, beta-alanine and L-carnitine provide energy to support the body during strenuous exercise. Pre-Workout Fuel also contains beetroot as a natural source of nitrates, caffeine from green coffee, and *Panax ginseng*.

Nitric oxide is involved in the dilation of blood vessels which enables adequate blood flow and tissue oxygenation to all organs including the muscles, heart, lungs and brain. Optimal circulation means optimal delivery of oxygen and nutrients, and therefore optimal performance.

## KEY FEATURES AND BENEFITS

- Contains beetroot juice for its nitrate content.
- L-arginine is a precursor for nitric oxide.



- Green coffee for a natural source of caffeine (100mg per serve).
- Creatine provides energy to support contracting muscles during anaerobic exercise.
- L-carnitine assists in the transport of fat across cell membranes for use as an energy source for heart and skeletal muscles.
- Antioxidant and amino acid beta-alanine acts to buffer acidity in the body produced by high intensity exercise.
- Taurine is involved in muscle contractility. It helps exercising muscles rid itself of lactic acid, helping them to work for longer periods.

4.8g    2.7g    <1g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING SIZE (10g)

=



1 HEAPED SCOOP

Mix 1 serve into 200mL of cold water.



20-30 MINS PRIOR TO EXERCISE

=



1 SERVE DAILY

**INGREDIENTS:** Creatine monohydrate, maltodextrin, beta-alanine, L-arginine monohydro-chloride, sweeteners (xyllitol, steviol glycosides), beetroot juice powder, natural flavours, food acid (citric acid), green coffee extract (*Coffea arabica*), L-carnitine tartrate, ginseng root powder (*Panax ginseng*), pomegranate powder, L-taurine, microcrystalline cellulose, silica anhydrous, coenzyme Q10.

**NOTICE:** Contains 100mg caffeine per serve. Contains xyllitol: Excess consumption may have a laxative effect.

## PRE-WORKOUT FUEL NUTRITION INFORMATION\*

Servings per container = 50. Serving Size = 10g.

	Per serve	Per 100g
Energy	146kJ (35Cal)	1460kJ (348Cal)
Protein	4.8g	48.2g
Fat	- total - saturated	less than 1g less than 1g
Carbohydrate	- total - sugars - xyllitol	27.3g less than 1g 10g
Sodium	0.48mg	4.8mg
Green coffee extract equiv. to caffeine	102mg 100mg	1g 1g
Creatine monohydrate	3g	30g
Beta-alanine	1200mg	12g
L-arginine	909mg	9g
Beetroot juice powder	500mg	5g
L-carnitine tartrate	100mg	1g
Ginseng root powder	100mg	1g
Pomegranate powder	100mg	1g
Taurine	60mg	600mg
Coenzyme Q10	15mg	50mg

\*Based on average amounts.

# ULTIMATE ENDURANCE

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOUR: TROPICAL

SIZE: 500g

PRE

DURING

POST



A high quality, fructose-free, nutritional formula designed to provide energy to support sustained performance during prolonged periods of exercise. Ultimate Endurance contains readily absorbed carbohydrate, hydrolysed PeptoPro® protein and medium chain triglycerides at doses to deliver optimal energy.

## PEPTOPRO®

PeptoPro® is a predigested milk protein derived from casein that consists of tiny fragments called (di- and tri-) peptides that are readily absorbed into the bloodstream to fuel the muscles. Unlike other protein and carbohydrate sports drinks that tend to be thick and hard to drink, especially when exercising, Ultimate Endurance and its PeptoPro® easily dissolves in water. The protein hydrolysates, or free amino acids, do not give this full feeling and are quickly taken up by the body and delivered to muscles.

## KEY FEATURES AND BENEFITS

- › Nearly 40g\* of readily absorbed carbohydrates to fuel high rates of carbohydrate oxidation which is needed to maintain high intensity exercise.
- › Almost 6g\* of fast absorbed, hydrolysed PeptoPro® pre-digested casein protein to help restore muscle energy.
- › Medium chain triglycerides (MCTs) are a unique form of dietary fat that are more rapidly absorbed and more quickly metabolised as fuel than more common long chain triglycerides.

5.9g    39.1g    <1g

PROTEIN

CARBS

FAT

## SERVING SUGGESTION



SERVING SIZE (50g)

=



2 HEAPED SCOOPS

Mix 1 serve into 500mL of water. Shake well until powder is dissolved.



1-2 HOURS EXERCISE

=



1 SERVE PER HOUR



2+ HOURS EXERCISE

=



1-2 SERVES PER HOUR

Consume in conjunction with appropriate fluid intake.

## ULTIMATE ENDURANCE NUTRITION INFORMATION\*

Servings per container = 10. Serving Size = 50g.

	Per serve	Per 100g
Energy	788kJ (188Cal)	1580kJ (377Cal)
Protein	5.9g	11.8g
Fat	- total - saturated	less than 1g less than 1g
Carbohydrate	- total	39.1g
Available	- sugars	1.2g
Sodium	125mg	249mg
Potassium	60mg	120mg
Magnesium	10mg	20mg
Calcium	15mg	30.1mg

\*Based on average amounts.

**INGREDIENTS:** Maltodextrin, casein hydrolysate (PeptoPro®) (13%), medium chain triglycerides powder (2%), sodium chloride, food acid (citric acid), magnesium gluconate, potassium phosphate, natural flavour, calcium citrate, sweetener (steviol glycosides). **NOTICE:** Contains milk product.

# ELECTROLYTE FORMULA

AUST L 220006

FLAVOUR: PINEAPPLE

SIZE: 500g

PRE

DURING

POST

The ultimate sports rehydration formula – coconut water with a specific electrolyte composition and UltraMag® a unique blend of magnesium chelates. This formula assists with rapid replacement of fluid and electrolytes and supports energy, stamina and endurance.

Electrolyte Formula also assists in relieving muscular aches and pains and in preventing muscular cramps and spasms. Electrolytes are essential to maintain healthy cellular water distribution and acid-base balance.

## KEY FEATURES AND BENEFITS

- Scientifically formulated isotonic drink that delivers a unique blend of coconut water, carbohydrates and electrolytes to support healthy hydration and energy production and the maintenance of peak condition during strenuous or endurance exercise.

ISOTONIC  
ELECTROLYTE  
BLEND



- Provides a full spectrum of electrolytes that are lost during intense exercise – sodium, potassium, magnesium and chloride – for rehydration and helping the body's fluids stay in balance.
- Contains UltraMag® magnesium, a specialised delivery system that enhances absorption and intestinal tolerance of magnesium, to reduce muscular aches, pains and cramps.
- Provides 4% carbohydrate per isotonic dose to provide a rapid delivery of fluid and fuel, and maximise gastric tolerance and palatability.
- Contains 4200mg of malic acid.

<1g    21.5g    3.7g

PROTEIN

CARBS

FAT

## DIRECTIONS FOR USE FOR ADULTS

### During workout for rapid rehydration and sustained energy (isotonic):

Mix 1 dose (2 level scoops = 30g) into a 600mL bottle of water, shake and drink 30 minutes prior to exercise. Consume 1 dose during each hour of exercise up to four doses per day, or as directed by your healthcare professional.

### During workout for rapid rehydration (hypotonic):

Mix 1 dose (2 level scoops = 30g) into no less than 650mL of water. Consume up to four doses daily or as directed by your healthcare professional.

### Magnesium and carbohydrate loading (hypertonic):

Mix 1 dose (2 level scoops = 30g) into no more than 450mL of water. Consume 1 dose three times daily, 2 to 3 days before an event or as directed by your healthcare professional.

### ELECTROLYTE FORMULA ACTIVE INGREDIENTS:

Each 30g dose (2 level scoops) contains:

<i>Cocos nucifera</i> fruit juice powder (coconut water)	2g
equiv. to fresh	9g
Magnesium amino acid chelate - UltraMag®	869.7mg
equiv. magnesium	100mg
Calcium citrate	94.8mg
equiv. calcium	20mg
Potassium phosphate monobasic	326.7mg
equiv. potassium	95.4mg
Sodium chloride	762.6mg
equiv. sodium	300mg
equiv. chloride	462.6mg

**INACTIVES:** Maltodextrin, glucose, L-malic acid, steviol glycosides, silica colloidal anhydrous, natural pineapple flavour, acacia.

Each 30g dose provides approximately 21.5g of carbohydrate.

**WARNINGS:** Contains 13.5g of glucose per dose. Contains 1.2g of sodium per maximum recommended daily dose. If symptoms persist, consult your healthcare practitioner.

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# WINNING FORMULAS

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FOR THE TRIATHLETE

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THE RUNNER

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THE SWIMMER

---

THE ROWER

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# REFUEL & REBUILD

FORMULATED SUPPLEMENTARY SPORTS FOOD

FLAVOUR: BERRY

SIZE: 500g



A specially designed formula to supply working muscles with the essential nutrients needed for recovery post-exercise. Refuel & Rebuild combines pure whey protein, added BCAAs (2:1:1), beta-alanine, L-glutamine, magnesium and tart cherry.

As part of a healthy and varied diet, protein is necessary for tissue building and repair and contributes to the growth and maintenance of muscle mass, while magnesium contributes to a reduction of tiredness and fatigue and is also necessary for normal protein synthesis.

## KEY FEATURES AND BENEFITS

- ▶ More than 25g\* pure protein from WPC per serve for muscle synthesis, recovery and repair.
- ▶ Added BCAAs for protein synthesis and recovery.

- ▶ Amino acids consumed after exercise helps to maintain muscle and support recovery processes.
- ▶ Magnesium contributes to normal muscle function and metabolism.
- ▶ Over 6g\* of antioxidant tart cherry per serve, which contains anthocyanins, phenols and flavonols.
- ▶ L-glutamine is used in muscle glycogen resynthesis.
- ▶ L-ornithine is an amino acid involved in excretion of ammonia, which can interfere with the production of energy.

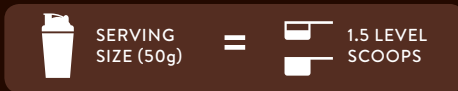
25.4g 18.8g 2.2g

PROTEIN

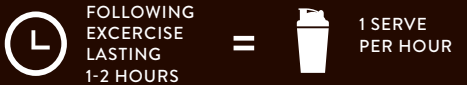
CARBS

FAT

## SERVING SUGGESTION



Mix 1 serve into 200mL of water, milk or milk substitute. Consume after exercise once or twice daily.



**INGREDIENTS:** Whey protein concentrate (58%), maltodextrin, tart cherry powder, L-glutamine, L-arginine monohydrochloride (0.9%), beta-alanine, magnesium gluconate, sunflower or soy lecithin, natural flavours, L-leucine (0.34%), L-ornithine monohydrochloride, L-valine (0.17%), L-isoleucine (0.17%), sweetener (steviol glycosides). **NOTICE:** Contains milk and soy products.

## REFUEL & REBUILD NUTRITION INFORMATION\*

Servings per container = 10. Serving Size = 50g.

	Per serve	Per 100g
Energy	829kJ (198Cal)	1660kJ (396Cal)
Protein	25.4g	50.9g
Fat	2.2g	4.3g
- total	1.5g	3.0g
- saturated	1.5g	3.0g
Carbohydrate	18.8g	37.5g
Available	2.5g	5.0g
- sugars	46mg	91mg
Sodium	36.8mg	73.6mg
Magnesium	(11.5% RDI)	
Alanine	1560mg	3130mg
Glutamic acid	4560mg	9110mg
Glutamine (added)	640mg	1270mg
Isoleucine	1560mg	3120mg
Leucine	2570mg	5150mg
Valine	1430mg	2870mg
Arginine	963mg	1930mg
Beta-alanine (added)	430mg	850mg
Tart cherry powder	6.25g	12.5g
L-ornithine		
Monohydrochloride (added)	100mg	200mg

\*Based on average amounts.

# GLUTAMINE POWDER

AUST L 220523

FLAVOUR: NEUTRAL

SIZE: 500g

PRE

DURING

POST



Glutamine Powder is a pure, high-dose L-glutamine to help maintain healthy digestive function and muscle health in athletes. It assists in muscle recovery following strenuous exercise by replenishing L-glutamine and supporting muscle glycogen resynthesis.

L-glutamine is the most abundant amino acid in the bloodstream. The body contains about 80g of free glutamine, with more than 95% located intracellularly. L-glutamine is found in high concentration in skeletal muscle, liver, brain, lungs and stomach tissue. It helps the body maintain the correct acid-alkaline pH balance through its role in ammonia detoxification via the urea cycle.

L-glutamine provides support for the growth and repair of the gastrointestinal lining, as well as helping to support a healthy immune system.

## KEY FEATURES AND BENEFITS

- › Assists the growth and maintenance of healthy muscles.
- › May help avoid the development of overtraining syndrome and assists in muscle repair after strenuous exercise by supporting muscle glycogen resynthesis.
- › Helps restore plasma L-glutamine levels depleted after periods of physical stress, such as prolonged exercise.
- › Supports energy production.
- › Provides nutritional support for the gastrointestinal mucosa integrity, growth and repair, and helps maintain healthy digestive function.
- › An important energy source for immune cells, supports healthy immune function.

## DIRECTIONS FOR USE FOR ADULTS

Mix 1 dose (1 level scoop =5g) into 200mL of water, milk or milk substitute. Consume once or twice daily, or as directed by your healthcare professional.

Glutamine Powder can also be added to your protein powder drink for convenience.

### GLUTAMINE POWDER ACTIVE INGREDIENTS:

Each 5g dose (1 level scoop) contains:

L-glutamine	5g
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**WARNING:** If symptoms persist, consult your healthcare practitioner.

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# INTENSE PHYSICAL TRAINING PROGRAMS PLACE SIGNIFICANTLY HIGHER NUTRITIONAL DEMANDS ON SPORTS PEOPLE

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These increased needs are frequently not met through diet alone and supplements are an excellent method of overcoming noted deficits. Furthermore, science continues to uncover naturally occurring compounds in foods that, at the right dose, can substantially improve the outcomes achieved from training. Complications such as muscle soreness and oxidative stress, that are often experienced by athletes, can also be reduced through the right supplementation.

We aim to represent an essential and beneficial component of any training regimen, providing researched, concentrated nutrition to ensure optimal performance.

Our team of qualified healthcare practitioners and clinical nutrition specialists have designed a cutting edge range of products based on years of scientific research and experience.

## **Benefits that you can expect include nutritional support for:**

- › Sustained energy and performance during endurance training/events
- › Optimal electrolyte replacement
- › Muscle recovery and reduced muscle soreness
- › Energy during anaerobic work
- › Optimal delivery of oxygen and nutrients to working muscles
- › Optimal lean muscle growth

IsoWhey Sports not only provides superior products, but also access to information on the newest developments in sports nutrition and recommendations for supplement protocols aimed at getting the best results possible from your training schedule.

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