

# Clear Whey Gold

VOEDINGSSUPPLEMENT



## Clear Whey Gold: A refreshing protein lemonade

Would you like a bit of a change from your regular protein shake? If so, Clear Whey Gold will be just the thing for you! Instead of a thick, creamy shake, this is a clear, light and very refreshing beverage – the perfect drink to quench your thirst after your work-out, and an excellent way to increase your protein intake!

### USP's

- Refreshing, clear protein lemonade
- Each serving contains 25 g high-quality protein
- Supports muscle recovery after exercise
- Promotes muscle growth and muscle strength
- Available in two flavours: Raspberry and Peach Iced Tea

### The benefits of clear whey

The clear and light formula is not the only reason why you should give Clear Whey Gold a try. Each serving of this protein shake contains a whopping 25 g protein, which will help your muscles recover from your work-out. In addition, it promotes muscle strength and increased muscle mass, meaning it's perfect for athletes who seek to grow their muscles. In other words, our Clear Whey protein shake will help you achieve your muscle goals!

- Light and refreshing
- Each serving contains 25 g protein, to help your muscles recover quickly after exercise
- Helps promote muscle strength and muscle growth
- Low-lactose product (<0.2 g per serving)

### What is Clear Whey?

So you may find yourself wondering: how is clear whey different from your average whey proteins? The main difference is the way in which it is produced. Clear whey is produced by first concentrating and filtering whey proteins, so as to remo-

ve impurities, fats and most of the carbohydrates contained in them (such as lactose). The left-over protein then undergoes hydrolysis. As a result, it easily dissolves in water, resulting in a clear, refreshing beverage.

### When to use Clear Whey Gold?

As far as we are concerned, a clear whey shake can come in handy at any time of day. Add it to the smoothie you're having for breakfast, or use it to replenish your protein stores after your work-out. Moreover, Clear Whey Gold will do a great job of quenching your thirst on a hot summer's day!

- Post-work-out: To replenish your protein stores and promote quick muscle recovery
- For breakfast: Start your day with a refreshing shake, or mix it into your smoothie
- During the day: To increase your protein intake in the easiest way possible
- On warm summer days: Refreshing and light – the perfect beverage to quench your thirst when it's hot outside

### NZVT-certified

Clear Whey Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and is therefore allowed to carry the NZVT logo. In other words, Clear Whey Gold is safe for use by elite athletes, who can focus on delivering high-quality athletic performance, safe in the knowledge that they are not breaking any rules.

### Geadviseerd gebruik

Dissolve a level measuring scoop (30 g) in 300-400 ml of water. Wait approximately one minute, until the foamy layer has disappeared.



**SPORT**  
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



# Clear Whey Gold

VOEDINGSSUPPLEMENT



| Nutrition facts - Raspberry flavour |              |             |
|-------------------------------------|--------------|-------------|
| Composition                         | per 100 gram | per 30 gram |
| Energy                              |              |             |
| - Kilojoule (kJ)                    | 1499 kJ      | 450 kJ      |
| - Kilocalories (kcal)               | 353 kcal     | 106 kcal    |
|                                     |              |             |
| Total fat                           | 0.5 g        | 0.1 g       |
| - of which saturated fat            | 0.2 g        | 0.1 g       |
| Carbohydrates                       | 2 g          | 0.6 g       |
| - of which sugars                   | 0.6 g        | 0.2 g       |
| Protein                             | 85,1 g       | 25,5 g      |
| Sodium                              | 0.10 g       | 0.03 g      |

| Nutrition facts - Peach Iced Tea Flavour |              |             |
|--|--------------|-------------|
| Composition                              | per 100 gram | per 30 gram |
| Energy                                   |              |             |
| - Kilojoule (kJ)                         | 1503 kJ      | 451 kJ      |
| - Kilocalories (kcal)                    | 354 kcal     | 106 kcal    |
|  |              |             |
| Total fat                                | 0,5 g        | 0,1 g       |
| - of which saturated fat                 | 0,2 g        | 0.1 g       |
| Carbohydrates                            | 3,5 g        | 1.1 g       |
| - of which sugars                        | 0,8 g        | 0.2 g       |
| Protein                                  | 84 g         | 25 g        |
| Sodium                                   | 0.10 g       | 0.03 g      |



**SPORT**  
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



# Clear Whey Gold

VOEDINGSSUPPLEMENT



## Amino acid profile - Raspberry flavour

| Amino acid    | Per 100 gram | Per 30 gram |
|---------------|--------------|-------------|
| Alanine       | 4,0 g        | 1,2 g       |
| Arginine      | 1,7 g        | 0,5 g       |
| Asparagine    | 8,3 g        | 2,5 g       |
| Cysteine      | 1,9 g        | 0,6 g       |
| Glutamic acid | 14,4 g       | 4,3 g       |
| Glycine       | 1,3 g        | 0,4 g       |
| Histidine     | 1,4 g        | 0,4 g       |
| Isoleucine*   | 5,1          | 1,5 g       |
| Leucine*      | 8,4 g        | 2,5 g       |
| Lysine        | 7,6 g        | 2,3 g       |
| Methionine    | 1,8 g        | 0,6 g       |
| Phenylalanine | 2,5 g        | 0,7 g       |
| Proline       | 5,0 g        | 1,5 g       |
| Serine        | 3,9 g        | 1,2 g       |
| Threonine     | 5,5 g        | 1,6 g       |
| Tryptophan    | 1,5 g        | 0,4 g       |
| Tyrosine      | 2,5 g        | 0,7 g       |
| Valine*       | 4,6 g        | 1,4 g       |

\*BCAA (Branched-chain amino acid)



**SPORT**  
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



# Clear Whey Gold

VOEDINGSSUPPLEMENT



## Aminozuurprofiel - Peach Iced Tea Flavour

| Aminozuur     | Per 100 gram | Per 30 gram |
|---------------|--------------|-------------|
| Alanine       | 3,9 g        | 1,2 g       |
| Arginine      | 1,7 g        | 0,5 g       |
| Asparagine    | 8,2 g        | 2,5 g       |
| Cysteine      | 1,9 g        | 0,6 g       |
| Glutamic acid | 14,2 g       | 4,2 g       |
| Glycine       | 1,3 g        | 0,4 g       |
| Histidine     | 1,4 g        | 0,4 g       |
| Isoleucine*   | 5,0 g        | 1,5 g       |
| Leucine*      | 8,3 g        | 2,5 g       |
| Lysine        | 7,5 g        | 2,3 g       |
| Methionine    | 1,8 g        | 0,5 g       |
| Phenylalanine | 2,5 g        | 0,7 g       |
| Proline       | 4,9 g        | 1,5 g       |
| Serine        | 3,9 g        | 1,2 g       |
| Threonine     | 5,4 g        | 1,6 g       |
| Tryptophan    | 1,4 g        | 0,4 g       |
| Tyrosine      | 2,5 g        | 0,7 g       |
| Valine*       | 4,5 g        | 1,4 g       |

\*BCAA (Branched-chain amino acid)



**SPORT**  
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS

