



# PURE WHEY

LEAN MUSCLE BUILDING SUPPORT

SSA Pure Whey is a great tasting protein that has the wide range of benefits such as:

- Increased protein synthesis by 68%.
- Stimulation of muscle growth.
- Improved recovery and immune system support by increasing anabolic levels and decreasing catabolic levels.
- Reduction of inflammation.
- Production of cholecystokinin, a diet aid and efficient fat burner.

This powerful combination would be a core product for any athlete and fitness enthusiast looking to make consistent progress



**Ingredients:** Tri-Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Hydrolysate), Milk Protein, Flavouring, Inulin, Soy Lecithin, Non-Nutritive Sweeteners (Sucralose & Acesulfame K), Digestive Enzyme Blend, Colourant (E104, E110).

**Allergen Information:** Contains: Cow's Milk. This product is produced in a facility that processes Eggs, Dairy and Soy.

**Disclaimer:** Seek advice from a health care professional before use if you have any pre-existing medical condition. Do not use if you are pregnant or nursing, or if you are being treated for heart disease or high blood pressure. Should not be used in conjunction with any prescription medication, including MAO inhibitors, stimulants or anti-depressants. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN.

**CORE SERIES**

Active Ingredient Content			
Serving Size: 2 Rounded Scoops (32 g)			
Servings Per Container: 62			
	Per 32 g Serving	Per 100 g Serving	%NRV*
Energy	486 kJ	1 543 kJ	†
Protein	23 g	72 g	42%
Glycaemic Carbohydrates	3 g	10 g	†
of Which Total Sugar	1.2 g	3.8 g	†
Total Fat	1.8 g	5.7 g	†
of Which Saturated Fat	0.5 g	1 g	†
Dietary Fibre#	0.5 g	1.6 g	†
Sodium	125 mg	392 mg	†
<b>Amino Acid Profile</b>	<b>22 130 mg</b>	<b>69 156 mg</b>	†
Alanine	1 020 mg	3 186 mg	†
Arginine	570 mg	1 781 mg	†
Aspartic Acid	2 310 mg	7 219 mg	†
Cysteine/Cystine	460 mg	1 436 mg	†
Glutamic Acid/Glutamine	3 900 mg	12 188 mg	†
Glycine	400 mg	1 250 mg	†
Histidine	480 mg	1 500 mg	†
Isoleucine	1 260 mg	3 938 mg	†
Leucine	2 320 mg	7 250 mg	†
Lysine	1 980 mg	6 188 mg	†
Methionine	1 980 mg	6 188 mg	†
Phenylalanine	720 mg	2 250 mg	†
Proline	1 490 mg	4 656 mg	†
Serine	1 100 mg	3 438 mg	†
Threonine	1 400 mg	4 375 mg	†
Tryptophan	390 mg	1 219 mg	†
Tyrosine	630 mg	1 969 mg	†
Valine	1 190 mg	3 719 mg	†
Taurine	0 mg	0 mg	†

\*NRV Per Serving - Nutrient Reference Values for individuals older than 4 years. † - NRV not established.  
#Dietary fibre obtained using AOAC 985.29



AVAILABLE SIZES:  
**908g, 2kg, 3kg**

AVAILABLE FLAVOURS:

Banana Custard

Chocolate Mousse

Island Coconut

Strawberry Sundae

Vanilla Cream