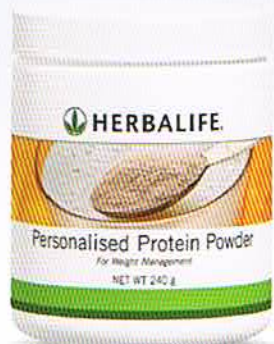


Personalise your protein intake to suit your needs



order details



SKU #0242 **Personalised Protein Powder**

Volume Points: 17.95
Packaged: 240 grams

Directions For Use:

One dessertspoon (one serving) supplies 5g of protein.
Take 1 to 4 servings daily.

Personalised Protein Powder is a supplement that assists in maintaining lean body mass (LBM) to help fight hunger, increase metabolism and assist with healthy weight management.

Key Benefits:

- Protein supplement for hunger control
- Helps maintain recommended protein intake
- Contains approximately 5g of protein per level dessertspoon
- Includes soy protein, which contains isoflavones
- Contains whey protein, rich in cysteine and methionine, which are vital to muscle development
- Contains no carbohydrates, yeast, cholesterol, salt, lactose, sweeteners or artificial colours
- Mixes easily in any beverage, hot or cold, is unflavoured and can be sprinkled into food
- Adding Personalised Protein Powder to a Formula 1 shake increases your protein intake without adding extra carbohydrate calories.

Why You Need It:

All too often, dieters cut back on protein in an effort to trim calories and lose weight. This can lead to deficiencies that are not only detrimental to health, but can also trigger nutritional imbalances in your body that can actually slow your weight reduction and eventually lead to weight gain, commonly referred to as 'yo-yo dieting.' To get out of this vicious cycle, you need to feed your body the proper balance of nutrients, especially protein. An easy way to determine the approximate amount of protein you need daily is to have approximately 1g of protein for each kg of body weight.

Adequate minimum daily protein intakes range from 45 to 55g for women and 55 to 65g for men, depending on the level of physical activity. Some of the latest scientific research suggests however that approximately 100g for women and 150g for men for optimum protein benefits.

One to three level tablespoons of protein powder a day can add up to 15g of high-quality protein to your diet. This increases the feeling of fullness and helps assure adequate protein intake. By using Personalised Protein Powder, customers can tailor-make their Formula 1 shakes to meet their specific protein needs without adding any unnecessary carbohydrate calories.

Key Ingredients:

Soy Protein - This vegetable protein is naturally rich in isoflavones, genistein and daidzein.

Whey Protein - Commonly used by athletes to accelerate muscle development and recovery.

Did You Know?

Eating the right amount of protein daily helps you maintain lean body mass (LBM) as you lose weight. The more LBM you have, the higher your metabolism and the more rapidly you burn calories and stored fat.