# **DATA SHEET**

## **Product Name** HYDROLYZED WHEY PROTEIN

### **Product Description**

Whey protein comes from milk, has all the essential amino acids and is one of the best proteins in terms of quality. These are some of the benefits: Helps regenerate and increase muscle mass. Helps with fat loss while preserving muscle tissue. And also helps to control appetite and improve performance. There are mainly two types of protein: Whey Concentrate and Whey Isolate. The main difference is in their levels of purity. Whey Concentrate: is 80% protein and contains more fat and lactose which is milk sugar. Whey Isolate: is 98% protein, It's much more pure, is free of lactose and fat. We chose Whey Isolate and we hydrolyzed it to offer you an outstanding supplement.

Whey hydrolyzed is predigested whey protein isolate that's easily absorbed by your body and virtually free of any potential allergens.

Also helps convert food into energy source. With Sascha Fitness Hydrolyzed Whey Protein Isolate we guarantee a delicious taste and one the best quality in the market Our products are manufactured by a cGMP (Current Good Manufacturing Practice ) certified facility which is also FDA inspected.



# Flavors



#### Ingredients

Grass Fed Hydrolyzed Whey Protein Isolate, Stevia extract, Xanthan gum & Non-GMO Sunflower lecithin.

- \* Chocolate flavor contains Cocoa .
- \* Coconut flavor contains Natural Coconut Flavor.
- \* Vanilla, cookies and Cream, Strawberry and Caramel flavor contains N&A Flavor.
- \* Peanut Butter flavor contains Peanut Powder.

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### **Nutritional Information**

#### **Supplement Facts**

Serving Size 1 scoop (31.3g) Servings Per Container ~ 29

Amount Per Serving		
Calories110	Calories from Fat 5	
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	+
Cholesterol	5mg	2%
Sodium	95mg	4%
Total Carbohydrates	<1g	0%
Dietary Fiber	0g	0%
Sugars	0g	+
Protein	25g	50%
Calcium		15%

Amino	Acid	Profile	per	Serving
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Annie Acia Frence per Serving				
Leucine (BCAA) **	2532mg			
L- Isoleucine (BCAA) **	1471mg			
L- Valine (BCAA) **	1372mg			
L-Alanine	1142mg			
L-Aspartic Acid	2639mg			
L-Glutamine	4145mg			
L-Tyrosine	728mg			
L-Arginine	619mg			
L-Cystine	497mg			
L-Glycine	521 mg			
L-L sine **	2183 mg			
L-Phenylalanine **	815mg			
L-Serine	1334mg			
L-Tryptophan **	530mg			
L-Hisidine **	477mg			
-Methionine **	571 mg			
L- Proline	1774mg			
L-Threonine ** 1648mg				
* Percent daily Values (DV) are based on a 2,00 calorie diet.				
+ Daily Value not established **EAA				

+ Daily Value not established. \*\*EAA

### Indications

Individuals with certain food intolerance and heath conditions need to watch the Sascha Fitness Hydrolyzed Whey Protein Isolate ingredients for possible contra indications.



#### Directions

As a dietary supplement, mix one scoop with 5-6 oz of water (or milk for added creaminess). You can take the protein as snack between meals before and/or after your workout.If your goal is to lose fat, consume only one serving per day, if your goal is to mantaing or increase muscle mass take two servings per day.

#### Warnings

For adult use only. Consult a healthcare practitioner or a doctor prior to use, if you are pregnant or breastfeeding, if you have liver or kindey disease, or if you've been instructed to follow a low-protein diet. These product is produced in a facility with soy, dairy, egg and wheat ingredients, peanuts and tree nuts. All of our product have double protection, externally they have a clear safety band with our logo to make sure customers know the product is new, in perfect conditions and that the lid is secured. Once that band is removed it has another security seal attached to the opening of the pot, this helps protect the content of it, if for some reason the outer band is removed the product remains isolated and protected. Do not use if the seal under cap is broken or missing. Store away from heat and moisture.

# **DATA SHEET**

#### Benefits

**Best Quality Protein** 100% isolate and hydrolyzed GRASS-FED protein, your muscles absorbs the protein very fast ,it's the best kind of protein powder if you want to improve body composition. It has 25g Protein per Serving, ideal for protein synthesis and building muscle. Its High in BCAA's and EAAS, they help to protect your muscles , increase muscle mass, resistance and help with your overall hormonal environment.

#### Zero Carbs, Sugar, Fat and its low in Sodium

ideal if you're trying to lose fat and get very lean

Great Taste and its Sweetend with 100% Stevia The flavor of these proteins are the best, they are creamy and you are going to think you're drinking a milkshake, they are very yummy. The best part, no artificial sweeteners, it only has Stevia, a natural sweetener that won't havoc your health.

Allergen FREE Gluten Free & Lactose Free.

#### Manufacturer and developed:

SASCHA FITNESS CORP, Miami, FL 33126 USA.

### Class

Nutritional Supplement.

#### Category

Nutrition - Whey Protein Isolate

#### Packaging and Storage:

901 gram plastic container containing 29 servings. Dimensions 10½ x 6½ inches. Unopened and sealed product should be stored below 40 ° C (104 ° F), preferably between 15 and 30 ° C (59 and 86 ° F).

