



HYDRO PRO WPI (CHOCOLATE)

**Muscle Recovery, Lean Muscle Gain
Well-Being, Immune Support**



NUTRITIONAL INFORMATION		
SERVINGS PER CONTAINER: 22		
SERVING SIZE: 40g (1 Rounded Scoop)		
	40g Serve	Per 100g
ENERGY	624kJ	1560kJ
	149 Cal	373 Cal
PROTEIN	35.6g	89g
FAT	0.7g	2.4g
- Saturated	0.4g	1.2g
Trans Fat	NIL	NIL
CARBOHYDRATE		
- Total	1.6g	4g
- Sugars	0.7g	1.8g
Dietary Fibre	.8g	2g
Sodium	93mg	233mg
Potassium	199mg	497mg
ESSENTIAL AMINO ACID		
Histidine	608mg	1520mg
Isoleucine	1956mg	4890mg
Leucine	3644mg	9110mg
Lysine	3204mg	8010mg
Methionine	744mg	1860mg
Phenylalanine	1052mg	2630mg
Threonine	2432mg	6080mg
Tryptophan	564mg	1410mg
Valine	1972mg	4930mg
NON-ESSENTIAL AMINO ACID		
Alanine	1432mg	3580mg
Aspartic Acid	3660mg	9150mg
Cysteine	696mg	1740mg
Glutamic Acid	6080mg	15200mg
Glycine	624mg	1560mg
Proline	1968mg	4920mg
Serine	1728mg	4320mg
Tyrosine	1000mg	2500mg
Arginine	924mg	2310mg

GEN-TEC NUTRITION: We have sourced and formulate this precise blend of Ultra and Micro Filtered Whey Protein Isolate (WPI) and Hydrolysed Whey Protein Isolate (HWPI). WPI is manufactured using Cross Flow Microfiltration which comprises a filter size 4 times smaller than WPC.

This extra filtration results in the highest quality Whey Protein which is virtually free of undenatured protein, lactose, carbohydrates and fat. The digestion rate of WPI is very fast, resulting in a rapid increase of amino acids into the blood stream after consumption.

HWPI is the result of WPI being processed even further again using an enzyme hydrolysis process. This 'chemical free' process breaks down the longer amino acid chains to very short di and tri peptides. These short chain peptides immediately absorb into the blood stream intact with no digestion required. HWPI is the fastest digesting protein food on the planet. The resulting spike in blood amino acid levels signals muscle protein synthesis more effectively than any other protein powder available. Bovine Colostrum (containing 20% IgG) has been added to this product to support gut health and immunity.

Evidence based view on key post-workout nutrients
 By Dane Ivcevic: Dip, B.Sc, GCert, GDip
 Nutritionist, Exercise Scientist and Clinical Biochemist

Almost every athlete who is taking supplements is taking a form of whey protein in conjunction with their regular supplement regime. The issue that many consumers face is whether or not their whey protein is the cleanest and purest form of whey which is designed for athletes and not just for "increasing their intake of protein". Bodybuilders and athletes require faster digesting whey protein fractions as well as a balance of ingredients to support rapid digestion, gastrointestinal health and recovery from intense training. Hydro Pro WPI achieves this by combining the following ingredients.

- Pre-digested whey protein isolate which has undergone enzyme hydrolysis to break longer chain proteins into smaller peptide fractions which results in rapid amino acid bioavailability and cellular delivery (1, 2).
- High quality whey protein isolate.
- Bovine colostrum to support gastrointestinal immunity, recovery from intense anaerobic exercise and to strengthen mucosal immunity (3-5).
- Very low levels of lactose, sugar and dietary fats to enhance gastric emptying and reduce gastrointestinal distress.
- High levels of leucine (3.6g per serve) to maximise MPS by initiating the phosphorylation of Mammalian Target of Rapamycin (mTOR), which put simply is like a button (ignition) to kick start the muscle building process (engine) (6, 7).

Research using these fast digesting forms of whey proteins have repeatedly indicated that blood amino acid levels spike much earlier than intact, whole whey proteins,

MPS is achieved quicker and the leucine content found in good quality whey proteins stimulates MPS to a maximum threshold with minimal amounts of whey protein. Therefore, only one serve of Hydro Pro WPI would meet the maximum threshold for MPS (maximum effect of muscle building possible in one sitting) for most athletes and many bodybuilders. In summary, the addition of Hydro Pro WPI has provided the market with an effective, clean, high quality whey protein that is designed to support the athlete who wants a pure protein source without added carbohydrates or other compounds.

INGREDIENTS: Proprietary protein blend (whey protein isolate, hydrolysed whey protein isolate), cocoa, natural flavours, colostrum, emulsifier (soy lecithin), thickeners (guar gum, xanthan gum), sweetener (sucralose).

FLAVOURS: Chocolate, Swiss Vanilla, Coconut Cream

SIZES: 908g, 2.27kg

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2. Farnfield MM, Trenerry C, Caray KA, Cameron-Smith D. Plasma amino acid response after ingestion of different whey protein fractions. *International Journal of Food Sciences & Nutrition.* 2009;60(6):476-86.
3. Crooks C, Cross ML, Wall C, Ali A. Effect of Bovine Colostrum Supplementation on Respiratory Tract Mucosal Defenses in Swimmers. *International Journal of Sport Nutrition & Exercise Metabolism.* 2010;20(3):224-35.
4. Crooks CV, Wall CR, Cross ML, Rutherford-Markwick KJ. The Effect of Bovine Colostrum Supplementation on Salivary IgA in Distance Runners. *International Journal of Sport Nutrition & Exercise Metabolism.* 2006;16(1):47-64.
5. Shing CM, Hunter DC, Stevenson LM. Bovine Colostrum Supplementation and Exercise Performance Potential Mechanisms. *Sports Medicine.* 2009;39(12):1033-54.
6. Farnfield MM, Breen L, Carey KA, Garnham A, Cameron-Smith D. Activation of mTOR signalling in young and old human skeletal muscle in response to combined resistance exercise and whey protein ingestion. *Appl Physiol Nutr Metab.* 2012;37.
7. Farnfield MM, Carey KA, Gran P, Trenerry MK, Cameron-Smith D. Whey Protein Ingestion Activates mTOR-dependent Signalling after Resistance Exercise in Young Men: A Double-Blinded Randomized Controlled Trial. *Nutrients.* 2009;1(2):263-75.