



CASEIN PROTEIN CUSTARD (COFFEE TIRAMISU)

Muscle Recovery
Increase Lean Muscle Mass, Immunity Enhancement



NUTRITIONAL INFORMATION		
SERVINGS PER CONTAINER: 45		
SERVING SIZE: 40G		
	40g serve	Per 100g
ENERGY	632kJ	1580kJ
	151Cal	378Cal
PROTEIN	26.8g	67g
FAT		
Total	1.5g	3.9g
Saturated	0.7g	1.7g
CARBOHYDRATE		
Total	7.2g	18g
Sugars	3.2g	8g
Sodium	67mg	167mg
Potassium	350mg	875mg
Colostrum	335mg	835mg
Immunoglobulin G	64mg	160mg

TYPICAL AMINO ACID PROFILE PER 100g	
ESSENTIAL AMINO ACIDS	
Isoleucine	3.2g
Leucine	5.6g
Lysine	4.7g
Methionine	1.8g
Phenylalanine	3.1g
Threonine	2.7g
Tryptophan	1.0g
Valine	3.9g
NON-ESSENTIAL AMINO ACIDS	
Histidine	1.7g
Alanine	1.9g
Arginine	2.3g
Aspartic acid	4.3g
Cysteine	0.5g
Glutamic acid	12.6g
Glycine	1.2g
Proline	5.4g
Serine	3.5g
Tyrosine	3.4g

GEN-TEC NUTRITION: Possibly the world's highest quality Casein Milk Protein sourced exclusively from New Zealand. Containing high amounts of Branch Chain Amino Acids and L-Glutamine pre-cursors **CASEIN PROTEIN CUSTARD** contains an ideal amino acid profile for bodybuilders and strength training athletes with the goals of increasing lean muscle mass and improving recovery. The premium slow digesting protein is optimal for consumption before short periods of fasting, such as sleep, as it digests considerably slower than Whey Protein.

CASEIN PROTEIN CUSTARD is fortified with therapeutic grade Colostrum with a guaranteed minimum of 35% Immunoglobulin G. It has been discovered that Colostrum (particularly Immunoglobulin G) offers a wide spectrum of health benefits for adults ranging from immunity enhancement to improved digestion.

CASEIN PROTEIN CUSTARD is a delicious treat to be used as a dessert style Custard for the tastiest and most convenient way to supply a slow, sustained release of Essential Amino Acids to your muscles during sleep.

INGREDIENTS: Casein, Skim milk powder, Emulsifier (soy lecithin), Coffee powder, Flavours, Colostrum, Sweetener (sucralose).

SUGGESTED USE: Mix 60g (3 scoops) in 200mls of cold water or milk in a hand shaker for a smooth creamy dessert style custard. Alternatively for a smooth creamy shake; Mix 60g (3 scoops) in 350mls of cold water in a hand shaker.

Contains milk, soybeans and their products. May contain traces of cereals containing gluten, tree nuts, sesame seeds and their products.

DISCLAIMER: 'Supplementary Sports Food'. Not suitable for children under the age of fifteen or pregnant women. This food should only be used under medical or dietetic supervision. This food is not a sole source of nutrition and should be used in conjunction with a sensible exercise and nutrition program.

FLAVOURS: Smooth Chocolate Custard, Smooth Banana Custard, Creme Caramel, Choc Honeycomb, Coconut Cream

SIZE: 908g/2lbs, 1.81kg/4lbs