

# Whey Classic Gold

DIETARY SUPPLEMENT



Optimum recovery after exercise is important for all athletes. Particular attention must be given to recovery if several competitions take place on the same day or if training is frequent and intensive. Your ability to recover largely determines how much progress you can make. If muscles do not recover properly, the next performance will be less optimum.

Consuming proteins after a training session or sports performance supports the recovery of muscle tissue. Whether you are involved in a strength sport, team sport, or endurance sport, every athlete can benefit from the right amount of high-quality proteins at the right times.

## Strength sport

Whey Classic Gold supports the recovery of muscles after exercise so that you can start training again sooner. In addition, the proteins in Whey Classic Gold stimulate muscle growth and support muscle strength.

## Endurance sport

Endurance athletes have a slightly lower need for protein than strength athletes. However, the importance of proteins for endurance sports must not be underestimated. When you train for longer than two to three hours, proteins must be supplemented to prevent amino acids from being released from skeletal muscles. Proteins help muscles to recover after intensive endurance training.

## Team sport

Team sports are characterized by frequent bursts of explosive activity, with frequent accelerations and decelerations. These exertions can produce muscle damage. To recover as optimally as possible, it is important for team athletes to consume proteins in sufficient amounts. In addition, proteins support muscle building and contribute to the development of muscle strength. Proteins therefore help you become even stronger and faster as a team athlete.

## Low in calories

Whey Classic Gold supplies high-quality protein without too many calories. The energetic value of a 30-gram serving is 117 kcal. Using Whey Classic Gold does not result in an unwanted increase in weight.

## Intake

Whey Classic Gold has a pleasant flavour and is easy to digest. A shake is easy to drink wherever you are. Proteins can be absorbed in muscles two to three times faster in the first two hours after a training session. Drink Whey Classic Gold immediately after exercising and/or before going to sleep. The proteins help the muscles to recover and help build up muscle mass, so that you are once again ready to deliver an optimum athletic performance!

## Additional information

This product is suitable for vegetarians.

## NZVT Certified

Whey Classic Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Whey Classic Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

## Health Claims

- High-quality whey proteins
- 24 grams of protein per serving
- 2 grams of leucine and more than 4 grams of BCAAs per serving
- No added sugars
- Suitable for all athletes

Composition per shake (one measuring scoop)			
Ingredient	Quantity	% RI	Compound
Whey protein concentrate	30 g	*	
RI = Reference intake / * RI not determined			



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NUTRITIONAL VALUE				
Composition	per 100 grams	% RI	per 30 grams	% RI
Energy value				
– Kilojoules (kJ)	1632 kJ		490 kJ	
– Kilocalories (kcal)	390 kcal		117 kcal	
Fats				
	6.4 g		1.9 g	
– of which saturated	4.1 g		1.2 g	
Carbohydrates				
	4.3 g		1.3 g	
– of which sugars	4.3 g		1.3 g	
Proteins				
	79.2 g		23.7 g	
Salt				
	0.9 g		0.3 g	

RI = Reference intake/Reference intake of an average adult is 8400 kJ (2000 kcal)

COMPOSITION OF PROTEINS (grams of free amino acids/100 grams of proteins)	
<b>Essential branched-chain amino acids</b>	
L-Isoleucine	4.9 g
L-Leucine	8.4 g
L-Valine	4.7 g
<b>Essential amino acids</b>	
L-Phenylalanine	2.5 g
L-Lysine	7.4 g
L-Methionine	1.8 g
L-Threonine	5.9 g
L-Tryptophan	1.6 g
<b>Semi-essential amino acids</b>	
L-Arginine	2.0 g
L-Histidine	1.4 g
<b>Semi-essential amino acids</b>	
L-Alanine	4.0 g
L-Asparagine acid	8.7 g
L-Cysteine	1.3 g
L-Glutamine acid	14.1 g
L-Proline	4.8 g
L-Serine	4.2 g
L-Tyrosine	2.3 g
Glycine	1.5 g



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Proteins are important for athletes. An average body weighing 70 kg consists of around 12 kg of amino acids in the form of muscle protein and a small proportion (200 grams) in the form of free amino acids. During the day, the body continually breaks down proteins and builds new ones and amino acids are exchanged between the different amino acid stores. The stores of free amino acids can be replenished in three ways: via food, via the breakdown of body proteins, and via the formation of new amino acids in the body.

When muscles are subjected to a load (training/competitions), the breakdown of muscle protein increases on the one hand and, on the other, new muscle protein is built up. However, the balance remains negative while there is no new supply from food. By consuming proteins, the breakdown of proteins is inhibited and the production of new muscle protein is stimulated, which results in a positive muscle protein balance. The repair of muscle damage and the adaptation processes (biochemical and structural adaptations in the muscle) can then proceed optimally as a result. This is beneficial for strength athletes, endurance athletes, and team athletes.

When you take part in strength training or endurance training, your protein requirement is higher than when you are not engaged in physical exercise. A diet that contains an adequate amount of protein is needed to properly support recovery and adaptation processes. Protein-rich foods such as meat, fish, poultry, eggs, and dairy products can be used for this purpose. It is important that you consume a protein source around every three to four hours. Research has shown that an intake of around 20 grams of protein per meal (0.25–0.3 grams of protein per kilogram of body weight) stimulates the production of muscle protein.

Protein shakes can provide a practical solution during training periods. Shakes based on whey proteins are a particularly suitable choice. Whey protein is derived from milk and is quickly digested. Compared with other sources of protein, whey protein contains a large percentage of leucine. This amino acid in particular has an anabolic effect on muscles.

## Uses

- To support recovery and adaptation processes during strength and endurance training
- As a high-quality source of protein during a period of weight reduction
- As an addition to increase the protein content of a product or meal.

## Suitable for:

- Strength athletes, team athletes, and endurance athletes
- Strength sports: can benefit the build-up of muscle mass and muscle recovery
- Endurance sports: promotes recovery after intensive training
- Whey protein is mainly used to recover quickly immediately after exercise.
- Periods of weight loss
- Improving adaptation processes
- Muscle building and to improve body composition
- Endurance exercise increases the oxidation of amino acids
- Athletes who follow an energy-restricted diet and therefore consume inadequate amounts of protein
- Endurance athletes and other athletes who follow a carbohydrate-restricted diet and engage in low-glycogen training to improve adaptation processes.
- Timing is important for endurance athletes and strength athletes. Depends on type of training and purpose
- The timing of protein intake is just as important as the total protein intake during the day
- Preventing a negative protein balance after a training session

## Adaptation

- Proteins are made up of small building blocks called amino acids.
- Suitable for strength, team, and endurance sports.
- Fast-digesting protein.
- Proteins stimulate the build-up of muscle mass and support muscle recovery after training.
- Provides 26 grams of protein and 117 kcal per 30-gram dose.
- Provides 3.9 grams of leucine (13%) per dose
- Provides 7.2 grams of BCAAs (24%) per dose



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## Leucine content

It is important for all athletes to recover after exercise. Particular attention must be given to recovery if several competitions take place on the same day or if training is frequent and intensive. This is because your ability to recover largely determines how much progress you can make. Consuming proteins after a training session or sports performance supports the recovery of muscle tissue. Whether you are involved in a strength sport, team sport, or endurance sport, every athlete can benefit from the right amount of high-quality proteins at the right times.

## Strength sport

Consuming high-quality proteins immediately after training can benefit the build-up of muscle mass and the recovery of muscles. Strength athletes benefit most from a protein source that is absorbed quickly and completely. This makes Whey Classic Gold highly suitable for strength athletes.

## Endurance sport

Endurance athletes can also benefit from the natural protein in Whey Classic Gold. Endurance athletes have a slightly lower need for protein than strength athletes. However, the importance of proteins for endurance sports must not be underestimated. When you train for longer than two to three hours, proteins must be supplemented to prevent amino acids from being released from skeletal muscles. The longer you train, the more muscle tissue is sacrificed. Proteins help muscles to recover after intensive endurance training. There is a good reason why protein is increasingly being added to recovery drinks.

## Low in calories

The energetic value of a 30-gram serving of Whey Classic Gold is 117 kcal. Whey Classic Gold supplies high-quality protein without too many calories. Using Whey Classic Gold does not result in an unwanted increase in weight.

## Whey Classic Gold

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