

## Fruit Punch RTD Isotonic Beverage

### *Whey protein for sports nutrition*

Proteins play a central and significant role in performance nutrition for athletes of all levels, from weekend warriors to Olympic champions. Whey protein, one of milk's primary proteins, has long been recognized for its contribution to muscle and body tone. It provides the raw material needed for the repair of muscle fibers – aiding in the increase of lean muscle mass, and it protects muscle against catabolic breakdown. A nutritional powerhouse, whey protein is a complete protein with a PER of 3.2 and “perfect” PDCAAS of 1.0. In fact, whey protein contains the highest concentration of BCAAs available from any protein source.

This concept for isotonic beverage with Hilmar™ 9020 Whey Protein Isolate can help companies score with new sports beverages. A post-workout beverage rehydrates the body and helps replace nutrients lost during exercise. A liquid delivery system that provides essential amino acids (EAA) from whey protein combined with carbohydrates has a greater effect on muscle anabolism than a liquid carbohydrate or EAA system alone. To support the body's recovery, this isotonic formulation contains salts, carbohydrates and is “clearly” fortified with whey protein isolate for a rich supply of amino acids and high-quality protein nutrition.

Hilmar™ 9020 Whey Protein Isolate is a highly functional WPI with excellent clarity. Clean flavor, acid and heat stability and superior protein nutrition make Hilmar™ 9020 an outstanding choice for fortification of transparent systems including gels, waters, juices and low pH beverages. Hilmar whey proteins are complete proteins providing the essential amino acids in an optimum blend for human consumption. Whey proteins have a low glycemic load at 2 per 100 grams for concentrates and <1 for whey protein isolates.

#### INGREDIENTS:

Water, Maltodextrin, Hilmar™ 9020 Whey Protein Isolate, Fructose, Phosphoric Acid, Natural Flavor, Calcium Carbonate, Salt, Citric Acid, Potassium Chloride, Sucralose, FD&C Red #40 Color.

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500
	Serving Size 250 mL Servings Per Container 1.3 Calories 90 Calories from Fat 0	<b>Total Fat 0g</b>	<b>0%</b>	<b>Potassium 20mg</b>	
	Saturated Fat 0g	0%	<b>Total Carbohydrate 14g</b>	<b>5%</b>	
	Trans Fat 0g		Dietary Fiber 0g	0%	
	<b>Cholesterol 0mg</b>	<b>0%</b>	Sugars 6g		
	<b>Sodium 50mg</b>	<b>2%</b>	<b>Protein 7g</b>		
	Vitamin A 0% • Vitamin C 0%		<b>Calcium 10%</b> • <b>Iron 0%</b>		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

The nutritional data presented herein is obtained from calculated values based on individual components.