

**Boost
Your
Fitness
Everyday**

WHEY PROTEIN

Protein Powder

The “building blocks” of life, proteins are not only lacking in the Indian diet but often overlooked. India’s protein consumption is much lower than the 48 gms/day that is recommended by the Indian Council of Medical Research (ICMR).

The recommended dietary allowance of protein for an average Indian adult is 0.8 to 1 gm per kg body weight, however, the average intake is about 0.6 gm per kg body weight.

Serious protein deficiency can cause swelling, fatty liver, skin degeneration, increase the severity of infections, and stunt growth in children. While true deficiency is rare in developed countries, low intake may cause muscle wasting and increase the risk of bone fractures.

Best Supplement Isolate Whey Protein is sourced from the best quality protein ensuring easy digestion and absorption in the body. Best supplement Whey protein is a combination of Whey, Coconut powder (for hydration), Probiotics, and Cow Colostrum, blended with all essential vitamins and minerals.

It's a quality protein source that is absorbed and utilized efficiently by the human body. This is the best product particularly important for all athletes, bodybuilders, or people who need to gain muscle mass strength while at the same time wanting to lose fat.



Benefits of Whey Protein

- Helps maintain your muscle mass
- Helps promotes muscle growth
- Helps strengthen the immune system
- Helps lose weight
- Improves Muscle Mass and tissue Repair
- Improve Athletic Performance
- Prevent Muscle damage
- Help is body hydration
- Help fight infections
- Helps healthy Gut & easy Digestion
- Manage Blood Sugar level



INGREDIENTS

- ✓ Whey protein
- ✓ Coconut water powder
- ✓ Probiotics
- ✓ Magnesium sulfate
- ✓ Vitamin B6 (Pyridoxine HCL)
- ✓ Green tea extract
- ✓ Calcium carbonate
- ✓ Flaxseed
- ✓ Vitamin C (L-Ascorbic Acid)
- ✓ Vitamin A (Retinyl Palmitate)
- ✓ Vitamin B3 (Nicotinamide)
- ✓ Zinc Sulphate
- ✓ Vitamin E
- ✓ Ferrous Fumarate
- ✓ Glutamic Acid
- ✓ Manganese Sulphate
- ✓ Lycopene 6%
- ✓ Vitamin B2 (Riboflavin)
- ✓ Colostrum
- ✓ DHA 10%
- ✓ Vitamin B9 (Folic Acid)
- ✓ Potassium Iodide
- ✓ Sodium Selenite
- ✓ Vitamin B12 (Cyanocobalamin)
- ✓ Vitamin B5 (Calcium Pantothenate)
- ✓ Vitamin B1 (Thiamine Mononitrate)

DOSAGE: New Users start with half a scoop of best whey protein per day (15g) with 100 ml of water for five days and increase to a full scoop (30g) with 200 ml of water. A regular user can consume a full scoop of the best whey protein (30g) with 200 ml of water. For best results use 1-2 Shakes a day or as advised by the health professionals.

How it works:

Best Supplement Whey protein is made of a 30-gram isolate protein blend with natural fiber and probiotics that helps to digest easily and ensure keep your gut healthy the cow colostrum helps boost immunity and coconut powder helps in hydrating your body.

Disclaimer: These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.

