

WPI ELITE

Whey Protein Isolate

NO ADDED SUGAR



What is it?

Natural and great tasting protein supplementation can be hard to come by: that is why NutriDoc would like to introduce WPI Elite. This premium product is available in either natural chocolate or vanilla flavours and is free from food additives (including preservatives, artificial colours or flavours), fillers, sweeteners like aspartame or sucralose and other 'nasties'.

WPI Elite is your essential companion, with our assurance that you are treating yourself to an honest, high quality supplement.

The Source

NutriDoc WPI Elite contains only the purest and highest quality whey protein isolate sourced from New Zealand.

Suggested Use

Immune System Support: Whey protein may enhance the function of the immune system, partly by increasing the body's resistance to some types of detrimental bacteria including *Salmonella* and *Streptococcus pneumoniae*¹. While research has shown possible enhancement of neutrophils function, whey protein may also counteract the suppression of the immune system encountered by people who engage in excessive exercise².

Musculoskeletal System Support: Whey protein has been shown to potentially facilitate muscle growth by increasing the body's retention of nitrogen; in fact nitrogen retention from whey protein is believed to be sixteen times that of free amino acids and twice that of whole food³. As an isolate it may increase muscle strength, enhance the function of satellite cells and retard the muscular atrophy (sarcopenia) that occurs as a consequence of the aging process^{4,5}. In addition to this whey protein may also stimulate the endogenous production of insulin-like growth factor-1⁶.

Nervous System Health: Whey protein may increase satiety by stimulating the production and release of cholecystokinin and glucagon-like peptide 1, and by inhibiting ghrelin⁷ therefore it has been used in clinical trials and shown to prevent/treat insulin resistance and help reduce weight in obese persons⁸. Due to its ability to increase glutathione levels, whey protein has shown to be useful for children with Autism⁹ and may counteract some of the negative effects associated with excessive stress. Tryptophan content of the Alpha-Lactalbumin component of whey protein may increase the brain's serotonin levels – excessive Stress often causes serotonin depletion and this depletion of serotonin is one of the causes of the cognitive impairment experienced during stress⁵.

AMINO ACID PROFILE

NUTRITIONAL INFORMATION
Servings per package: 25 Serving size: 40g

	Avg. Qty per Serving	% Daily Intake (per Serving)	Avg. Qty per 100g
Energy	618.0kJ	7%	1545.0kJ
Energy	148.7 CAL		372.2 CAL
Protein	35.7g	71%	89.3g
Fat Total	0.2g	4%	0.5g
Saturated	0.1g	1%	0.3g
Carbohydrate	1.6g	1%	4.0g
Sugars	0.5g	1%	1.3g
Sodium (mg)	80.8mg	4%	202.0mg
Calcium (mg)	128.7mg	12%	321.6mg

Essential Amino Acids	Avg. Qty per Serving	Avg. Qty per 100g
Isoleucine	2.770g	6.926g
Leucine	4.478g	11.196g
Lysine	3.947g	9.868g
Methionine	1.063g	2.657g
Phenylalanine	1.252g	3.131g
Threonine	2.998g	7.496g
Tryptophan	0.759g	1.898g
Valine	2.467g	6.167g
Non-Essential Amino Acids	Avg. Qty per Serving	Avg. Qty per 100g
Alanine	2.201g	5.503g
Arginine	0.987g	2.467g
Aspartic Acid	4.478g	11.196g
Cysteine	1.252g	3.131g
Glutamic Acid/Glutamine	7.173g	17.932g
Glycine	0.683g	1.708g
Histidine	0.683g	1.708g
Proline	2.581g	6.452g
Serine	2.011g	5.029g
Tyrosine	1.290g	3.226g

Metabolism: Whey Protein may improve athletic performance and stamina¹⁰ as well as potentially lowering serum Triglycerides levels¹¹. Whey Protein has been shown to reduce the excessive generation of free radicals caused by the increased iron levels of Hemochromatosis patients and therefore may be a useful energy source for those with Hemochromatosis¹².

It may also improve Liver function in chronic hepatitis B patients⁵.

Store in a cool, dry place out of direct sunlight.
Made in Australia from local and imported ingredients.

INGREDIENTS: Whey Protein Isolate, Xylitol, Malt.

This product contains milk and wheat/gluten products, and may also contain traces of soy. As this product is manufactured on the same lines as those containing egg, traces may also be contained.



GETS ALL THE TICKS!

- ✓ Building of lean muscle mass.
- ✓ Maintenance and preservation of existing lean muscle mass.
- ✓ Repair of damaged muscle tissue (such as following exercise).
- ✓ Support of normal nerve and muscle functioning.
- ✓ Assistance of normal energy metabolisms, functioning of digestive enzymes and cell division.

DIRECTIONS FOR USE: Mix or shake 40g with 200 to 300mL of cold water or milk. Supplement on top of regular, nutritious diet for maximum benefit. WPI Elite can be taken twice daily, or as required to meet protein demands.

References

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