

20g
PROTEIN

160
CALORIES

7g
BCAA

Whey protein is considered to be a complete protein, as it contains all 9 essential amino acids, but there's not just one type of whey.

There are three types of whey protein: whey protein concentrate, whey protein isolate, and hydrolyzed whey each with varying protein, lactose, and

POWER PROTEIN BY SHARK GYM



100%

WHEY



ISOLATE AND HYDROLYSATE PROTEINE COMPLEX

It also includes 3.6g of glutamine and all the essential amino acids, including 4.5g of BCAAs these naturally occur in protein which helps to build and repair new muscle¹ so you're always ready for the next session



POWER PROTEIN BY SHARK GYM

Whey protein is considered to be a complete protein, as it contains all 9 essential amino acids, but there's not just one type of whey. There are three types of whey protein: whey protein concentrate, whey protein isolate, and hydrolyzed whey each with varying protein, lactose, and fat contents.



100%

WHEY



20g
PROTEIN

160
CALORIES

7g
BCAA

POWER
PROTEIN BY SHARK GYM



100%
WHEY



CHOCOLATE

**ISOLATE AND HYDROLYSATE
PROTEINE COMPLEX**

It also includes 3g of glutamine and all the essential amino acids, including 4g of leucine. These naturally occur in protein which helps to build and repair your muscles. So you're always ready for the next session.



