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Total Whey GoldNutrition®

High purity whey protein concentrate and isolate

INDICATED FOR:

- Promote muscle regeneration after training.
- Combat the loss of muscle mass caused by age or a sedentary lifestyle.
- Supplement protein intake in the diet.



Presentation: Jar with 800 g Vanilla, Strawberry and Chocolate flavours, Bag with 260gr Chocolate-Hazelnut, Strawberry-Banana, Vanilla and White Chocolate - Hazelnut.

Reference: Vanilla: GN61460 (800g), GN61240 (260 g); Strawberry: GN61462 (800g); Chocolate: GN61461 (800g); Chocolate-Hazelnut: GN61232 (260 g); 260gr Chocolate-Hazelnut, Strawberry-Banana, Vanilla and White: GN61233 (260 g) Strawberry-Banana: GN61231 (260 g).

Total Whey GoldNutrition® is a formula that contains whey protein isolate and hydrolysate, highly soluble, rapidly absorbed and digested, low in fat and carbohydrates. **Total Whey GoldNutrition®** increases the amount of protein in your diet with one of the most biologically valuable proteins - whey protein.

Due to its high bioavailability and a complete amino acid profile, Whey protein allows rapid protein synthesis. Protein supplementation, before and after training, allows you to gain more strength and muscle mass and faster recovery between exercises. This makes **Total Whey GoldNutrition®** a good ally for active young people, but also for adults and seniors who need to maintain muscle mass structure to ensure healthy vitality, strength and mobility.



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COMPOSITION

Vanilla

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1671 kJ / 394 kcal	435 kJ / 103 kcal (5%**)
Fat	6,4 g	1,7 g (2%**)
Of which saturates	3,8 g	1,0 g (5%**)
Carbohydrate	7,3 g	1,9 g (1%**)
Of which sugars	4,1 g	1,1 g (1%**)
Protein	77 g	20 g (40%**)
Salt	0,95 g	0,25 g (4%**)
Calcium	475 mg	123 mg (15%*)
Composition	Per 100 g	Per serving ***
Lactase	500 mg	130 mg
Bromelain	333 mg	87 mg
Papain	333 mg	87 mg
Lactowise™	7 mg	1,9 mg
L-Leucine	8,0 g	2,1 g
L-Isoleucine	4,5 g	1,2 g
L-Valine	4,4 g	1,1 g

*NRV: Nutrient reference values. **RI: Reference intake of an average adult (8400 kJ/2000 kcal). *** 1 serving= 26 g powder + 150 ml water

Ingredients: whey protein concentrate (**milk**) (emulsifier (E322)) [90%], ISOLAC® Instant (**whey** protein isolate (**milk**), emulsifier (E322 (**soy**)) [5%], flavouring, thickeners (guar gum, xanthan gum), salt, lactase (*Aspergillus sp*) [0,5%], bromelain (*Ananas comosus, stem*) [0,33%], papain extract (*Carica papaya*) (**sulphites**) [0,33%], sweetener (sucralose), Lactowise® (patented mix of LactoSpore® (*Bacillus coagulans*) and Fenumannan® (galactomannans from Fenugreek seeds – *Trigonella foenum – graecum L.*)). **It can contain traces of gluten, eggs, celery, nuts, crustaceans, fish, molluscs and mustard.**

Chocolate

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1652 kJ / 391 kcal	429 kJ / 102 kcal (5%**)
Fat	6,7 g	1,7 (2%**)
Of which saturates	4,2 g	1,1 (5%**)
Carbohydrate	6,7 g	1,8 (1%**)
Of which sugars	2,6 g	0,7 (1%**)
Protein	74 g	19 (39%**)
Salt	0,40 g	0,10 g (4%**)
Calcium	450 mg	117 mg (15%*)
Composition	Per 100 g	Per serving ***
Lactase	500 mg	130 mg
Bromelain	333 mg	87 mg
Papain	333 mg	87 mg
Lactowise™	7 mg	1,9 mg
L-Leucine	8,0 g	2,1 g
L-Isoleucine	4,5 g	1,2 g



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L-Valine	4,4 g	1,1 g
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*NRV: Nutrient reference values. **RI: Reference intake of an average adult (8400 kJ/2000 kcal). *** 1 serving= 26 g powder + 150 ml water

Ingredients: whey protein concentrate (milk) (emulsifier (soy lecithin)) [50%], ISOLAC® Instant (whey protein isolate (milk), emulsifier (soy lecithin)) [35%], defatted cocoa powder, thickeners (guar gum, xanthan gum), flavouring, emulsifier (soy lecithin), lactase (*Aspergillus sp*) [0,5%], bromelain (*Ananas comosus*, stem) [0,33%], papain extract (*Carica papaya*) (sulphites) [0,33%], sweetener (sucralose), salt, Lactowise® (patented mix of LactoSpore® (*Bacillus coagulans*) and Fenumannan® (galactomannans from Fenugreek seeds – *Trigonella foenum – graecum L.*)). **It can contain traces of gluten, eggs, celery, nuts, crustaceans, fish, molluscs and mustard.**

Strawberry

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1665 kJ / 394 kcal	433 kJ / 102 kcal (5%**)
Fat	6,3 g	1,6 g (2%**)
Of which saturates	3,7 g	1,0 g (5%**)
Carbohydrate	7,8 g	2,0 g (1%**)
Of which sugars	4,3 g	1,1 g (1%**)
Protein	76 g	20 g (40%**)
Salt	0,95 g	0,25 g (4%**)
Calcium	470 mg	122 mg (15%*)
Composition	Per 100 g	Per serving ***
Lactase	500 mg	130 mg
Bromelain	333 mg	87 mg
Papain	333 mg	87 mg
Lactowise™	7 mg	1,9 mg
L-Leucine	8,0 g	2,1 g
L-Isoleucine	4,4 g	1,2 g
L-Valine	4,3 g	1,1g

*NRV: Nutrient reference values. **RI: Reference intake of an average adult (8400 kJ/2000 kcal). *** 1 serving= 26 g powder + 150 ml water

Ingredients: whey protein concentrate (milk) (emulsifier (soy lecithin)) [89%], ISOLAC® Instant (whey protein isolate (milk), emulsifier (soy lecithin)) [5%], flavouring, thickeners (guar gum, xanthan gum), colour (beetroot red), salt, lactase (*Aspergillus sp*) [0,5%], bromelain (*Ananas comosus*, stem) [0,33%], papain extract (*Carica papaya*) (sulphites) [0,33%], sweetener (sucralose), Lactowise® (patented mix of LactoSpore® (*Bacillus coagulans*) and Fenumannan® (galactomannans from Fenugreek seeds – *Trigonella foenum – graecum L.*)). **It can contain traces of gluten, eggs, celery, nuts, crustaceans, fish, molluscs and mustard.**

Chocolate- Hazelnut

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1607 kJ / 380 kcal	416 kJ / 99 kcal (5%**)
Fat	5,7 g	1,5 g (2%**)
Of which saturates	3,5 g	0,9 g (5%**)
Carbohydrate	6,8 g	1,8 g (<1%**)
Of which sugars	2,5 g	0,6 g (<1%**)
Protein	74 g	19 g (38%**)
Salt	0,90 g	0,23 g (4%**)



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Calcium	436 mg	116 mg (15%*)
Composition	Per 100 g	Per serving ***
Lactase	500 mg	130 mg
Bromelain	333 mg	87 mg
Papain	333 mg	87 mg
Lactowise™	7 mg	1,9 mg
L-Leucine	7,3 g	1,9 g
L-Isoleucine	3,9 g	1,0 g
L-Valine	3,9 g	1,0 g

*NRV: Nutrient reference values. **RI: Reference intake of an average adult (8400 kJ/2000 kcal). *** 1 serving= 26 g powder + 150 ml water

Ingredients: whey protein concentrate (milk) (emulsifier (soy lecithin)) [49%], ISOLAC® Instant (whey protein isolate (milk), emulsifier (soy lecithin)) [35%], defatted cocoa powder, flavouring, thickeners (guar gum, xanthan gum), salt, emulsifier (soy lecithin), lactase (*Aspergillus sp*) [0,5%], bromelain (*Ananas comosus*, stem) [0,33%], papain extract (*Carica papaya*) (sulphites) [0,33%], sweetener (sucralose), acidity regulator (citric acid), Lactowise® (patented mix of LactoSpore® (*Bacillus coagulans*) and Fenumannan® (galactomannans from Fenugreek seeds – *Trigonella foenum – graecum L.*)). **It can contain traces of gluten, eggs, celery, nuts, crustaceans, fish, molluscs and mustard.**

Strawberry - Banana

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1668 kJ / 394 kcal	434 kJ / 103 kcal (5%**)
Fat	6,4 g	1,7 g (2%**)
Of which saturates	3,7 g	1,0 g (5%**)
Carbohydrate	7.6 g	2,0 g (<1%**)
Of which sugars	4,4 g	1,1 g (1%**)
Protein	76 g	20 g (40%**)
Salt	0,95 g	0,25 g (4%**)
Calcium	472 mg	123 mg (15%*)
Composition	Per 100 g	Per serving ***
Lactase	500 mg	130 mg
Bromelain	333 mg	87 mg
Papain	333 mg	87 mg
Lactowise™	7 mg	1,9 mg
L-Leucine	7,8 g	2,1 g
L-Isoleucine	4,4 g	1,2 g
L-Valine	4,3 g	1,1 g

*NRV: Nutrient reference values. **RI: Reference intake of an average adult (8400 kJ/2000 kcal). *** 1 serving= 26 g powder + 150 ml water

Ingredients: whey protein concentrate (milk) (emulsifier (soy lecithin)) [89%], ISOLAC® Instant (whey protein isolate (milk), emulsifier (soy lecithin)) [5%], flavouring, thickeners (guar gum, xanthan gum), color (beetroot red), salt, lactase (*Aspergillus sp*) [0,5%], bromelain (*Ananas comosus*, stem) [0,33%], papain extract (*Carica papaya*) (sulphites) [0,33%], sweetener (sucralose), Lactowise® (patented mix of LactoSpore® (*Bacillus coagulans*) and Fenumannan® (galactomannans from Fenugreek seeds – *Trigonella foenum – graecum L.*)). **It can contain traces of gluten, eggs, celery, nuts, crustaceans, fish, molluscs and mustard.**



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White Chocolate - Hazelnut

Nutrition Declaration	Per 100 g	Per serving ***
Energy	1669 kJ / 395 kcal	434 kJ / 103 kcal (5%**)
Fat	6,4 g	1,7 g (2%**)
Of which saturates	3,7 g	1,0 g (5%**)
Carbohydrate	7,7 g	2,0 g (<1%**)
Of which sugars	4,1 g	1,1 g (1%**)
Protein	76 g	20 g (40%**)
Salt	0,95 g	0,25 g (4%**)
Calcium	471 mg	123 mg (15%*)
Composition	Per 100 g	Per serving ***
Lactase	500 mg	130 mg
Bromelain	333 mg	87 mg
Papain	333 mg	87 mg
Lactowise™	7 mg	1,9 mg
L-Leucine	8 g	2,1 g
L-Isoleucine	4,4 g	1,2 g
L-Valine	4,4 g	1,1 g

*NRV: Nutrient reference values. **RI: Reference intake of an average adult (8400 kJ/2000 kcal). *** 1 serving= 26 g powder + 150 ml water

Ingredients: whey protein concentrate (milk) (emulsifier (soy lecithin)) [89%], ISOLAC® Instant (whey protein isolate (milk), emulsifier (soy lecithin)) [5%], flavouring (milk), thickeners (guar gum, xanthan gum), salt, lactase (*Aspergillus sp*) [0,5%], bromelain (*Ananas comosus*, stem) [0,33%], papain extract (*Carica papaya*) (sulphites) [0,33%], colour (caramel), sweetener (sucralose), Lactowise® (patented mix of LactoSpore® (*Bacillus coagulans*) and Fenumannan® (galactomannans from Fenugreek seeds – *Trigonella foenum – graecum L.*)). **It can contain traces of gluten, eggs, celery, nuts, crustaceans, fish, molluscs and mustard.**

HOW TO TAKE:

Take 1 serving per day (26 g), before training and/or after training, or as a snack to complement your protein intake. To prepare 1 dose, add 1 level measure (26 g) to 150 ml of water. Mix well and drink.

You can take 1 or 2 shakes a day, with no specific period of intake. It is recommended to take before or after training or simply as a snack. It can be taken from the age of 16 with portion adjustment.

WHY TO TAKE?

Muscle mass in the human body is extremely important as it generates strength and movement. Large reserves of amino acids are needed for protein synthesis after physical exertion and the exogenous sources are limited¹. Ingesting protein, when combined with endurance exercise^{2,3,4}, can increase protein synthesis and together with continuous working out can increase muscle mass and strength^{5,6,7}. Scientific studies show that ingestion of 20g and 40g of protein during the day boosts protein synthesis in the muscles^{4,8}. Therefore, supplementation with protein before



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and after training leads to gains in strength and muscle mass, as well as helping faster recovery between workouts^{9,10}

HEALTH AND NUTRITIONAL CLAIMS:

- Proteins contribute to the growth and maintenance of muscle mass.
- Low saturated fat content;
- High protein content.

WARNINGS:

- During pregnancy, it should be recommended by a health technician.
- Special attention in case of kidney failure.

GOES WELL WITH:

- Creatine to increase muscle mass
- Hydrates to increase muscle mass

INGREDIENTS DESCRIPTION

WHEY PROTEIN

An adequate consumption of proteins in the diet is essential for the proper functioning of the muscular system, and beyond. Whey protein has shown many benefits, including:

- Quick digestion and absorption, allowing effective protein synthesis in the muscles.
- Higher concentration of BCAAs (branched-chain amino acids) than any other kind of protein. BCAAs help one recover from muscle fatigue¹¹.
- Contains glutamine, which helps accelerate the replenishment of muscle glycogen, increases the growth hormone synthesis¹² and strengthens the immune system¹³.
- It is a good source of sulphur amino acids that provide antioxidant protection¹⁴
- They are the most effective proteins for fatigue prevention¹⁵ and the maintenance of muscle tissue, prevent post-workout degradation and help increase strength and muscle definition¹⁶.
- Helps sensation of satiety¹⁷.
- Anti-inflammatory effects owing to the suppression of IL-8 production¹⁸.

Due to its high bioavailability and a complete amino acids profile, Whey protein boosts rapid protein synthesis^{19,20}. Supplementation with proteins, before and after working out, leads to greater gains of strength and muscle mass and a faster recovery between exercise sessions^{9,10}. Studies also show that Whey proteins lead to the preferential reduction of fatty tissue^{21,22} and help stabilise glycaemia and insulin, and are therefore a strong ally in slimming diets^{23,24}. It has been observed that for strength exercises, the best protein supplement to boost protein synthesis should contain Whey protein with 3 to 4 grams of leucine per dose²⁵, which are requirements provided by **Total Whey GoldNutrition®**.

LACTOWISE®

The new **Total Whey GoldNutrition®** formula contains the addition of Lactowise®, a patented symbiotic with Probiotic ingredients (Lactospore® - *Bacillus coagulans*) and Prebiotic ingredients (Fenumannan® - fenugreek seed fibre) which (by helping balance the intestinal microflora) may act



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to enhance the absorption of the protein. By definition, Probiotics are live microorganisms that when consumed in suitable quantities bring health benefits. Several recent scientific reviews and meta-analyses show the beneficial effect of probiotics in alleviating several symptoms such as abdominal discomfort, irritable bowel syndrome, constipation and flatulence²⁶. The bacteria strain *Bacillus coagulans* which is present in Lactowise® produces digestive enzymes that become active in the intestinal environment. These proteases have shown capacity to digest proteins more effectively when compared only to endogenous proteases. These bacteria improve the health of the intestinal wall cells, enhancing the capacity to absorb minerals, peptides and amino acids²⁶. Particularly noteworthy is the increased absorption of leucine and glutamine, two amino acids in great quantity in whey and that carry out several important functions in the organism. It makes complete sense to combine these probiotics with Whey protein. As well as this effect, the ingestion of probiotics with protein has other benefits, such as the reduction of muscle damage and enhanced recovery²⁷.

Prebiotics are usually defined as indigestible polysaccharides or oligosaccharides that can boost the growth of beneficial lactic-acid bacteria in the colon and as such bring about an antagonistic effect to the harmful bacteria, limiting their proliferation²⁸. Therefore, their incorporation into this formula will lead to the development of beneficial strains and prevent the development of harmful bacteria. The advantage of this patented prebiotic - Fenumannan® - comes from the fact it allows greater growth of *Bacillus Coagulans* than other prebiotics. It has recently come to light that what happens in the intestine (such as the health of the intestinal microflora) affects issues related to muscle mass and exercise.

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