

100% Milk Complex is a blend of high-quality milk proteins, extra free amino acids and digestive enzymes! This formula is a whey protein dominant mixture of milk proteins, including instantized Whey protein isolates, Whey protein concentrate and a premium milk protein isolate! Milk is a nutritious food and its protein naturally contains a ratio of about 80% Casein and 20% Whey protein. Our gently ultrafiltered milk protein isolate resembles this ratio and provides Casein as undenatured Micellar Casein (instead of denatured, lower quality Caseinate). Dietary proteins are the source of nitrogen and indispensable amino acids, which the body requires for tissue growth and maintenance. Therefore the proteins of 100% Milk Complex contribute to the maintenance and growth of muscle mass and also to the maintenance of normal bones*. Proteins from milk are so-called complete proteins, because they provide the body with all the necessary types of amino acids, including the 9 amino acids the body cannot synthesize and must be supplied by the diet (i.e. Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine).

100% Milk Complex has more added components: an "Amino Acid Matrix" that provides extra amino acids, namely L-Leucine, L-Glutamine and Taurine. Also, the digestive enzyme blend of Papain and Bromelain is included in our formula!

*These statements have been scientifically proven by the European Food Safety Authority (EFSA) and authorized by the European Commission (EC).

Warnings: Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such. Keep out of reach of children. **DON'T EXCEED THE RECOMMENDED DAILY DOSAGE!**

Allergen info: Manufactured in a facility that processes milk, egg, gluten, soy, peanuts, nuts, fish and crustacean ingredients.

Storage conditions: Store in a cool, dry place! Heat and sunlight may damage the bottle.

Best before end: see on packaging. (MM/YYYY)

Batch number: see on packaging.

100% Milk Complex

Food Intended for sportsmen

Powder with milk proteins, amino acids, digestive enzymes and sweeteners.

NET WT:

920 G

Nutrition Information

Serving size: 30 g (1 scoop)

Servings Per Container: 30

| Amount per serving | 30 g | RI%* | 100 g |
|--|------------------|------|------------------|
| Energy | 445 kJ/ 106 kcal | 5.3% | 1483 kJ/353 kcal |
| Fat | 1.9 g | 2.7% | 6.3 g |
| of which Saturates | 0.7 g | 3.5% | 2.3 g |
| Carbohydrates | 1.2 g | 0.5% | 4.0 g |
| of which Sugars | 1.2 g | 1.3% | 4.0 g |
| Protein | 21 g | 42% | 70 g |
| Salt | 0.40 g | 6.7% | 1.33 g |
| Amino Acid Matrix Taurine (1000 mg), L-Glutamine (400 mg), L-Leucine (100 mg) | 1500 mg | | 5000 mg |
| Digestive Enzyme Blend Bromelain (12 mg), Papain (12 mg) | 24 mg | | 80 mg |

*RI%: Reference Intake of an average adult (8400 kJ/2000 kcal).

Amino acid profile (% of protein)

| | | | | | |
|----------------------|------|------------------------|------|---------------------|-----|
| L-Alanine..... | 4.9 | L-Histidine**..... | 1.7 | L-Proline..... | 5.6 |
| L-Arginine..... | 2.1 | L-Isoleucine**..... | 6.4 | L-Serine..... | 4.6 |
| L-Aspartic Acid..... | 10.9 | L-Leucine**..... | 10.6 | L-Threonine**..... | 6.6 |
| L-Cysteine..... | 2.2 | L-Lysine**..... | 9.6 | L-Tryptophan**..... | 1.4 |
| L-Glutamine..... | 18.1 | L-Methionine**..... | 2.2 | L-Tyrosine..... | 2.7 |
| Glycine..... | 1.4 | L-Phenylalanine**..... | 3.1 | L-Valine**..... | 5.9 |

**Essential Amino Acids

Ingredients: Whey Protein Concentrate (from *Milk*, Emulsifier: *Soy Lecithin*), Whey Protein Isolates (from *Milk*, Emulsifier: *Soy Lecithin*), Cocoa Powder (20-22%), Taurine, *Milk* Protein Isolate, L-Glutamine, Flavor (Chocolate), Sodium Chloride, Thickener (Xanthan Gum), Sweeteners (Acesulfame-K, Sucralose), L-Leucine, Bromelain extracted from *Ananas comosus* (1200 GDU/g), Papain extracted from *Carica papaya* (1,5 FIP U/mg).

Directions: Mix 1 serving (30g) in 250 ml water, milk or any other liquid daily.



Formulated by and manufactured for

SCITEC NUTRITION®

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Made in EU.

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