

PROTEIN POWDER MENU CARD

www.pltnutritionandfitness.com

WHEY



SOY



RICE



PEA



CASEIN



CONCENTRATION OF PROTEIN

80-97%

90%

80%

80%

80%

ABSORPTION RATE

FAST

MEDIUM

MEDIUM

MEDIUM

SLOW

AMINO ACID PROFILE

High BCAA Content

Contains All 8 EAA's

Contains All 8 EAA's

High glutamin content

High glutamin content

IDEAL TIME FOR INTAKE

Workout Morning Afternoon

Workout Morning Afternoon Night

Workout Morning Afternoon Night

Workout Morning Afternoon Night

Afternoon Night

ALLERGEN INFO

Gluten free

Gluten free Lactose free Dairy free

Gluten free Lactose free Dairy free

Gluten free Lactose free Dairy free

Gluten free

★ FOR VEGETARIANS

★ FOR VEGANS

