



**PERSONAL
PROTEIN**

you call the shots



PERSONAL
PROTEIN



SELECT THE **PROTEIN** THAT YOU NEED
CHOOSE THE **FLAVOURS** THAT YOU LIKE
GET STARTED.



**PERSONAL
PROTEIN**



OUR FLAVOURS

ADJUSTABLE

DETERMINE THE FLAVOUR STRENGTH

MIXABLE

COMBINE THE FLAVOURS

SUGARFREE

FREE OF SUGAR AND CALORIES

OVER 15 DIFFERENT FLAVOURS...



STRAWBERRY



CHOCOLATE



CHEESECAKE



PERSONAL
PROTEIN



COCONUT



CARAMEL



BLUEBERRY



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OUR PROTEIN

TELL ME WHEY



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PROTEIN



• MICELLAR CASEIN

Micellar Casein is a protein that is very different from our whey powders. The main difference is that it has a phased and long-lasting effect in terms of the release of amino acids in the body. This is in contrast to the powerful boost that our whey proteins give. This shake is also called the night recovery shake because many people use it to support muscle recovery during sleep.

AMINO ACID PROFILE

Essential Amino Acid	per 100g	Non-Essential Amino Acid	per 100g	Nutrient	100gr.
Histidine	2,70 g	Alanine	3,00 g	Energetic value	1.559 kJ / 368 kcal
Isoleucine*	4,85 g	Arginine	3,30 g	Fat	2,4
Leucine*	9,20 g	Aspartic Acid	6,70 g	of which saturated fat acids	1,1
Lysine	7,80 g	Cystine	0,52 g	Carbohydrate	4
Methionine	2,70 g	Glutamic Acid	20,70 g	of which sugars	4
Phenylalaline	4,76 g	Glycine	1,75 g	Fiber	0
Threanine	4,13 g	Proline	10,08 g	Protein (ds)	84,5
Tryptophan	1,20 g	Serine	5,30 g	Salt	0,25
Valine*	6,20 g	Tyrosine	5,11 g	*Dry substance	

* Branch Chained Amino Acid



MICELLAR CASEIN
PURE MICELLAR CASEIN
You call the shots





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PURE WHEY

Protein shakes with a whey protein percentage of 80% are mostly used by athletes. This is mainly due to the advantageous pricing of whey protein isolate (+/- 90% protein). Pure Whey is quickly absorbed into the body and is therefore perfect after an intensive workout. That way you get enough protein at the moment that your body demands the most. Personal Protein uses the highest standard in pure whey proteins.

AMINO ACID PROFILE

Essential Amino Acid	per 100g	Non-Essential Amino Acid	per 100g	Nutrient	100gr.
Histidine	1,68 g	Alanine	4,65 g	Energetic value	1.712,2 kJ / 405 kcal
Isoleucine*	5,35 g	Arginine	2,48 g	Fat	7,9
Leucine*	9,70 g	Aspartic Acid	9,70 g	of which saturated fat acids	4,4
Lysine	8,81 g	Cystine	1,58 g	Carbohydrate	8,9
Methionine	1,88 g	Glutamic Acid	16,53 g	of which sugars	3,3
Phenylalaline	2,87 g	Glycine	1,68 g	Fiber	0,9
Threanine	6,44 g	Proline	6,04 g	Protein (ds)	79,3
Tryptophan	1,39 g	Serine	4,65 g	Salt	0,3
Valine*	5,45 g	Tyrosine	2,77 g	*Dry substance	

* Branch Chained Amino Acid



WPC80
PURE WHEY
You call the shots





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PURE BIO WHEY

For the production of this **organic protein powder**, environmental and animal welfare have been taken into account throughout the complete chain of production. Starting point: To achieve the same result with green elements



AMINO ACID PROFILE

Essential Amino Acid	per 100g	Non-Essential Amino Acid	per 100g	Nutrient	100gr.
Histidine	1,52 g	Alanine	4,07 g	Energetic value	1.544,8 kJ / 364,9 kcal
Isoleucine*	5,09 g	Arginine	2,03 g	Fat	4,9
Leucine*	8,57 g	Aspartic Acid	8,85 g	of which saturated fat acids	0,3
Lysine	7,80 g	Cystine	2,02 g	Carbohydrate	3,5
Methionine	1,80 g	Glutamic Acid	14,40 g	of which sugars	3,5
Phenylalaline	2,72 g	Glycine	1,46 g	Fiber	1,1
Threanine	5,73 g	Proline	4,73 g	Protein (ds)	79
Tryptophan	1,48 g	Serine	4,16 g	Salt	0,5
Valine*	4,69 g	Tyrosine	2,55 g	*Dry substance	

* Branch Chained Amino Acid



WPC80
PURE BIO WHEY
You call the shots





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PURE WHEY ISOLATE

Pure Whey Isolate has a protein content above 90% and an exceptionally high BCAA content. It is an upper-class protein powder with a very low fat and carbohydrate content. Perfect for after an intensive workout.

AMINO ACID PROFILE

Essential Amino Acid	per 100g	Non-Essential Amino Acid	per 100g	Nutrient	100gr.
Histidine	1,70 g	Alanine	5,00 g	Energetic value	1.530,9 kJ / 365,9 kcal
Isoleucine*	6,40 g	Arginine	2,10 g	Fat	0,3
Leucine*	10,6 g	Aspartic Acid	11,0 g	of which saturated fat acids	0,1
Lysine	9,60 g	Cystine	2,20 g	Carbohydrate	2,5
Methionine	2,20 g	Glutamic Acid	18,10 g	of which sugars	2,5
Phenylalaline	3,00 g	Glycine	1,40 g	Fiber	1,1
Threanine	6,70 g	Proline	5,50 g	Protein (ds)	91,9
Tryptophan	1,40 g	Serine	4,60 g	Salt	0,5
Valine*	5,90 g	Tyrosine	2,60 g	*Dry substance	

* Branch Chained Amino Acid



WPI90
PURE WHEY ISOLATE
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PURE PEA PROTEIN

To produce Pure Pea Protein, protein is extracted from peas up to a percentage of about 86%. This makes it a perfect product for vegetarians / vegans who are looking for an alternative to the use of dairy proteins such as whey and casein. It is also a good alternative for people with a lactose intolerance

AMINO ACID PROFILE

Essential Amino Acid	per 100g	Non-Essential Amino Acid	per 100g	Nutrient	100gr.
Histidine	2,13 g	Alanine	3,64 g	Energetic value	1.774 kJ / 424 kcal
Isoleucine*	4,10 g	Arginine	7,31 g	Fat	8,6
Leucine*	7,68 g	Aspartic Acid	9,88 g	of which saturated fat acids	2
Lysine	6,39 g	Cystine	0,68 g	Carbohydrate	4,3
Methionine	0,71 g	Glutamic Acid	14,97 g	of which sugars	0,5
Phenylalaline	4,57 g	Glycine	3,32 g	Fiber	4,1
Threanine	3,06 g	Proline	3,86 g	Protein (ds)	85,8
Tryptophan	0,72 g	Serine	4,07 g	Salt	0
Valine*	4,42 g	Tyrosine	2,85 g	*Dry substance	

* Branch Chained Amino Acid



VEGAN PROTEIN
PURE PEA PROTEIN ISOLATE
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GENERAL HEALTH

General Health provides you with an enriched package of proteins and is experienced as a reward moment that you earn on a daily basis. This protein powder has a low fat and carbohydrate content and suppresses the appetite. The logical protein shake for people who are consciously engaged in weight management.

AMINO ACID PROFILE

Essential Amino Acid	per 100g	Non-Essential Amino Acid	per 100g	Nutrient	100gr.
Histidine	2,67 g	Alanine	0,00 g	Energetic value	1.598 kJ / 479,4 kcal
Isoleucine*	4,80 g	Arginine	3,26 g	Fat	2,1
Leucine*	9,10 g	Aspartic Acid	6,62 g	of which saturated fat acids	0,5
Lysine	7,71 g	Cystine	0,52 g	Carbohydrate	1,5
Methionine	2,67 g	Glutamic Acid	20,45 g	of which sugars	1,4
Phenylalaline	4,70 g	Glycine	1,73 g	Fiber	0
Threanine	4,08 g	Proline	9,96 g	Protein (ds)	91,5
Tryptophan	1,18 g	Serine	5,24 g	Salt	0,1
Valine*	6,13 g	Tyrosine	5,05 g	*Dry substance	

* Branch Chained Amino Acid



ENRICHED PROTEIN BLEND

GENERAL **HEALTH**

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**PERSONAL
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Personal Protein does not participate in offering ridiculously many different types of proteins. We have the top 6 in our range. You decide which suits your club or gym best.

Personal Protein is manufactured in the Netherlands and meets all the strict requirements and at least as important: the high expectations of athletes throughout the country. The versatility of flavours gives a personal twist to the shakes. More and more flavors are added. More space for resellers to be creative. Winter flavours. Summer flavours. Flavours for every season and in a stylish package that also takes up much less space. That is win-win.

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