

# THE **TASTIEST** WAY TO PERFORM YOUR **BEST**



## Market

The protein supplements market is currently worth **US\$2billion** annually

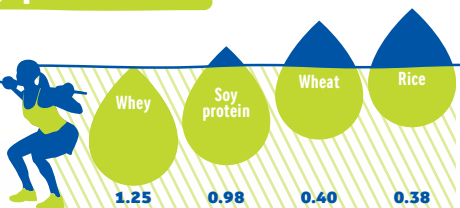
Protein remains the bedrock of the sports nutrition category



## Why whey protein?

### Absorption

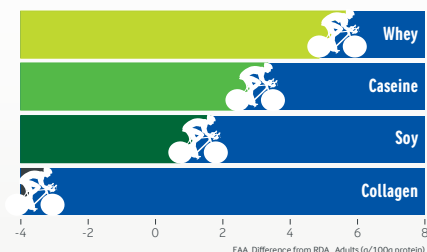
Whey protein provides more of the **essential amino acids** your body needs and is easily absorbed



DIAAS, Digestible Indispensable Amino Acid Score, FAO

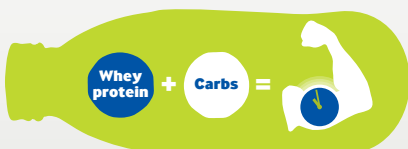
### Muscle stimulation

Whey stimulates muscles more than other proteins



### Muscle regeneration

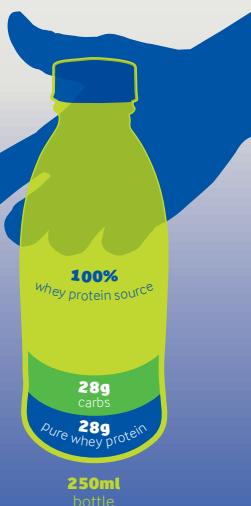
Combining whey protein AND carbs regenerates muscle faster...which is why our Nutrilac® Sports yoghurt solution contains both



## Nutrilac® solution

### Product information for final product

Nutrilac® solution for 250ml bottled drinking yoghurt and a 200g squeezable yoghurt



For more information please visit [www.arlafoodsingredients.com](http://www.arlafoodsingredients.com) or contact us at [dairy@arlafoods.com](mailto:dairy@arlafoods.com)

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\* Source: [www.foodbusinessnews.net](http://www.foodbusinessnews.net) 2013 – "Sports Drink Evolution"

