



CHARACTERISTICS

- + Protein for regeneration
- + Contains fast digestible proteins
- + Collagen type II
- + High protein 77 %
- + Protein contributes to a growth and the maintenance of muscle mass and also to the maintenance of normal bones
- + Suitable especially after running, bike riding, long exercising
- + Gluten free
- + Suitable for diabetics
- + No added sugars

MyKETO® RUN PROTEIN CAPPUCINO

Product specification	
Type	High protein shake for regeneration (powdered)
Recommended	For adults, teens and young athletes
Country of origin	Czech Republic
Ingredients	Whey protein (from milk), pea protein, collagen, thickener: xanthan; cocoa powder, instant coffee, flavourings, multienzyme complex (maltodextrin, protease, alpha-amylase, lactase, lipase, cellulase), sweetener: sucralose.
Instruction for use	Pour 200 ml of cold water into a blender or shaker, add 2 measuring cups of powder (1 cup approx. 15 g) and shake well.

Packaging		Shelf life & Storage	
Packaging	600 g (20 portions)	Shelf-life	18 months
	Plastic dose with printed paper label. Measuring cup is included.	Storage conditions	Store in a dry place (up to 60% relat. humidity) and at a temperature up to 25 °C.

BENEFITS

- + Run protein contains high amount of branched-chain amino acids (BCAA), which helps faster muscle recovery, decreases muscle soreness after workout, reduce after workout fatigue and prevents muscle breakdown after workout. Increase muscle grow.
- + BCAAs are absorbed within few minutes through the stomach-wall, they are not metabolized by liver, this can be beneficial for individuals with liver disease.
- + Multi-enzyme complex helps protein, carbohydrates and fats breakdown, prevents bloating.
- + Complex has anti-inflammatory effects

BUSINESS ADDRESS: Michelska 18/12a | 140 00 Prague 4, Czech Republic
 FACTORY ADDRESS: V Lukach 923 | 392 01 Sobeslav, Czech Republic
 sales@goldim.cz | www.goldim.cz

