

# THE PROTEIN POWERHOUSE



Protein is arguably the most important macronutrient in our diet, especially when body building is concerned. Moreover, taking the right quality, in right amounts and at the right time are the most important aspects. When thinking of supplementing our diet with proteins, the first name that comes in mind is a whey protein. But its hard to select the absolute best whey supplement as the market is loaded with dozens of brands claiming to deliver best quality protein. Sometimes, when buying supplements we don't always get what you pay for. While purchasing, don't just pick the box due to its fancy packaging or cheaper rates but look for the composition of the product. There is only one place to look when comparing the products available, the supplement facts and nutritional facts present.

Taking into consideration the growing needs for proteins in people, researchers at **ULTIMATE NUTRITION** have developed an ultimate supplement – **PROSTAR 100% WHEY PROTEIN** that fits into your frame of an ideal whey supplement. It contains all essential components that an ideal whey supplement contains. Some of the key factors of **PROSTAR 100% WHEY** that makes it the best supplement in the market are listed below:

- **FILTRATION METHOD** = Biological activity of any protein depends upon the type of filtration method used. Always choose whey extracted through cross flow micro or ultra filtration process that ensures the highest quality whey protein. Don't go for a protein purified through ion exchange method as it has sacrificed biological activity for quality. **PROSTAR 100% WHEY** is filtered through cross flow micro filtration delivering biologically active and undenatured whey.
- **AMOUNT OF CARBS AND FATS** = A protein supplement must always provide only protein and not carbs and fats so that you don't end up with added deposits of the same. **PROSTAR 100% WHEY** contains negligible carbs and fats to nourish you without any fear of depositing carbs and fats in the body.
- **AMOUNT OF PROTEIN PER SCOOP** = The primary purpose of a good protein supplement is to supply high percentage of protein per scoop. This can be calculated by a simple formula  $\text{Protein \%age} = \frac{\text{Protein per serving}}{\text{Serving size}} \times 100$  **PROSTAR 100% WHEY** provides almost 83% protein per scoop.
- **BCAA CONTENT** = Does your ideal whey supplement contains BCAA? If no then you've got a wrong selection but if yes, then what is the amount for it per serving. This is an extremely important step in selecting a whey supplement. **PROSTAR 100% WHEY** provides almost 6007 mg of BCAA per scoop.
- **EAA CONTENT** = While purchasing a whey supplement, it is of extreme importance to check the amounts of essential amino acids contained in the same as these are not synthesized in the body. **PROSTAR 100% WHEY** contains around 11727mg of EAA.

**PROSTAR 100% WHEY** contains all vital components making it the most popular and promising supplement in the market. Thus access the supplement yourself and choose the best. Remember, the more you learn about your supplement, the better the physique result you get....

\*Disclaimer : The recommended diet program is not a substitute for any advice given by a qualified nutritionist. It is a general guideline and can be followed only after a complete medical check-up and assessment of individual requirements in consultation with a sports nutritionist.

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