



CHARACTERISTICS

- + Is intended for intensive muscle nutrition and their regeneration throughout sleep
- + Protein contributes to a growth and the maintenance of muscle mass and also to the maintenance of normal bones
- + High protein 77%
- + The protein complex with high content of essential amino acids, especially of the BCAA type
- + Suitable as a last meal of a day
- + No added sugars
- + Gluten free
- + Suitable for diabetics

MyKETO® NIGHT PROTEIN COCOA

Product specification

Type	Night high protein shake with Micellar casein (powdered)
Recommended	For adults, teens and young athletes
Country of origin	Czech Republic
Ingredients	Micellar casein (from milk), soy protein, pea protein, whey protein (from milk), cocoa powder, collagen, thickener: xanthan; flavouring, sweetener: sucralose.
Instruction for use	Pour 300 ml of cold water into a shaker, add 2 measuring cups of powder (1 cup approx. 15 g) and mix well.

Packaging

Packaging	600 g (20 portions)
	Plastic dose with printed paper label.
	Measuring cup is included.

Shelf life & Storage

Shelf-life	18 months
Storage conditions	Store in a dry place (up to 60% relat. humidity) and at a temperature up to 25 °C.

BENEFITS

- + Night protein contains combination of BCAAs, collagen and micellar casein. Synergistically working ingredients, fast working BCAA and “slow” protein – micellar casein.
- + Ideal protein shake after workout, BCAAs help faster muscle recovery, decrease muscle soreness after workout, reduce after workout fatigue and prevent muscle breakdown after workout. Increase muscle grow.
- + Micellar casein has been gaining more attention now as a great source of protein supplementation. Micellar casein can be absorbed throughout the night, benefiting the body’s needs for protein synthesis over the 6-8 hours of rest.
- + Casein protein supplementation before sleep has been proven to result in an increase in protein synthesis after a workout.

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