

Nutri-Burn High Protein Drink Mix

Bulk powder, Cocoa, 1014 g, Stock No. 3212-4, Vanilla, 1018g, Stock No.3214-9

Nutri-Burn, a high-protein, low-carb drink mix, is made using the latest generation of high quality whey protein, manufactured from sweet dairy whey using a cold ultra-filtration membrane technology to produce an undenatured protein concentrate. Whey protein provides all nine essential amino acids and is the most beneficial type of protein for the building of lean body mass. Scientific studies have also shown that the fiber content in whey protein is beneficial to the gut.

Nutri-Burn is also enriched with CLA (conjugated linoleic acid). Studies on CLA have shown that it increases lean body mass in animals.

Did you know?

Protein is among the most important nutrients in the maintenance of health and vitality, and is of critical importance to the formation and growth of all body tissues, particularly the hair, nails, skin, muscles, and internal organs, including the brain and heart.

How does whey protein compare to other protein sources? Whey Protein is a high quality Complete Protein containing all of the essential amino acids required by the body each and every day. This is based upon several different methods that are used today to evaluate protein quality. No matter which method is used, whey proteins have been proven to be an excellent, pure source of protein. See the *Protein Quality Comparison Chart*.

Canada uses the PER method to determine protein quality (casein is used as the comparison standard), the US uses the PDCAAS method. Whey proteins have a superior score by both methods, as well as any other method used to determine protein quality.

Whey proteins have a PDCAAS of 1.14. The reported score is 1.0, which is the maximum value allowed by the USDA for reporting purposes. Whey proteins have a PER of 3.2, making them one of the highest single source proteins.

Biological Value (BV), also known as Net Protein Utilization, another measure of protein quality, measures the amount of protein that is retained from the absorbed protein for maintenance and growth. Whey proteins have a biological value of 100, which is higher than the value for casein (milk protein), soy protein, beef, or wheat gluten.

NSP Advantage

Nutri-Burn Cocoa is a weight-watcher's dream because it is low in fat and carbs and can be used for weight maintenance. As part of healthy eating, Nutri-Burn Cocoa may assist in achieving and maintaining a healthy body weight.

A healthy diet low in saturated and trans fats may reduce the risk of heart disease. Nutri-Burn Vanilla is free of saturated and trans fats.

Athletes will enjoy using Nutri-Burn for its body-building and energizing benefits.

Nutrition Facts:

Cocoa Flavour— 1014 grams – 36 g per serving - 28 servings per container, 140 calories and 22 g protein per serving, with only 3 g fat and 7 g carbohydrate. There are no sugar carbs. Fibre content is 3 g per serving but this is not declared on the label because the fibre comes from sources not recognized by Health Canada as providing fibre (whey protein, cocoa).

Vanilla Flavour— 1018 grams -41 g per serving – 25 servings per container, 170 calories and 25 g protein per serving, with only 3 g fat and 11 g carbohydrate.

See product label for full nutritional information.

Ingredients (Cocoa): Protein blend (whey protein concentrate, whey protein isolate, calcium caseinate), cocoa, sunflower oil creamer (sunflower seed oil, maltodextrin, sodium caseinate, mono-and diglycerides, natural tocopherol and silicon dioxide), maltodextrin,

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natural chocolate flavour, xanthan gum, CLA (conjugated linoleic acid) powder (safflower seed oil, casein), sucralose. Contains 30 mg sucralose per serving.

Ingredients (Vanilla): Protein blend (whey protein concentrate, whey protein isolate, calcium caseinate), natural French Vanilla powder, sunflower oil creamer (sunflower seed oil, corn syrup solids, sodium caseinate, mono-and diglycerides, dipotassium phos-

phate, tricalcium phosphate, soy lecithin and natural tocopherol), fructose, maltodextrin, xanthan gum, CLA (conjugated linoleic acid) powder (safflower seed oil, casein), cloves flowers. Sucralose free.

Recommendation: Mix two scoops in 240 mL (8 oz) of cold water (scoop included). Shake vigorously until dissolved.

Protein Quality Comparison Chart

Protein Type	Protein Digestibility Digestibility Corrected Amino Acid Score (PDCAAS) ¹	Amino Acid Score	Protein Efficiency Ratio (PER) ²	Biological Value (BV)
Whey Protein	1.00	1.14	3.2	100
Whole Egg	1.00	1.21	3.8	88-100
Casein	1.00	1.00	2.5	80
Soy Protein Concentrate	0.99	0.99	2.2	74
Beef Protein	0.92	0.94	2.9	80
Canned Kidney Beans	0.68	NA*	NA*	49**
Wheat Gluten	0.25	0.47	1.0	54
Corn	0.42	NA*	1.2	52

* Information Not Readily Available

** Value Is For Beans In General

Features & Benefits

Cocoa flavour:

- Excellent source of protein
- Good source of calcium
- Low in fat and saturated fatty acids
- Contains no trans fat
- Low in sodium
- No added sugars

Vanilla flavour:

- Excellent source of protein
- Cholesterol-free
- Low in fat and free of saturated fat
- Contains no trans fat
- Low in sodium
- Suitable for sodium-restricted diets
- No sucralose

Source:

1. Protein Quality Evaluation, Report of the Joint FAO/WHO Consultation
2. Reference Manual for U.S. Whey Products, 2nd Edition, U.S. Dairy Export Council
3. Whey Protein Institute, www.wheyoflife.org

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