

Comparatif Whey - Bodybuilding Nation

	Whey Protein		Whey Protein Isolate	
Gout	Nature	Arome	Nature	Arome
Prix	15.0 €	65.0 €	22.0 €	80.0 €
Poids (kg)	1.0	4.0	1.0	4.0
Prix/kg	15.0 €	16.3 €	22.0 €	20.0 €
Kcal (100g)	409.2	400.6	384.7	374.2
P (100g)	80.0	78.4	93.0	90.7
G (100g)	6.1	6.0	2.5	2.4
L (100g)	7.2	7.0	0.3	0.2
Kcal (30g)	122.8	120.2	115.4	112.3
P (30g)	24.0	23.5	27.9	27.2
G (30g)	1.8	1.8	0.8	0.7
L (30g)	2.2	2.1	0.1	0.1
Prix/dose	0.45 €	0.49 €	0.66 €	0.60 €
Prix/g	0.02 €	0.02 €	0.02 €	0.02 €
Aminogramme:				
Leucine	10.4	10.4	10.6	10.6
Isoleucine	5.8	5.8	6.5	6.4
Valine	5.1	5.1	5.9	6.2
BCAA	21.3	21.3	23.0	23.3
Lysine	9.0	9.0	9.6	9.6
Méthionine	2.1	2.1	2.2	2.2
Phénylalanine	3.1	3.1	3.0	3.0
Thréonine	6.7	6.7	6.7	6.6
Tryptophane	1.6	1.6	1.4	1.3
EAA (Essential Amino Acid)	22.5	22.5	22.8	22.8
Arginine	2.3	2.3	2.2	2.1
Cystine	2.1	2.1	2.2	2.2
A. Glutamique	19.0	19.0	18.1	18.2
Histidine	2.7	2.7	1.7	1.7
Proline	5.7	5.7	5.5	5.4
Tyrosine	2.1	2.1	2.6	2.5
CAA (Conditional AA)	33.9	33.9	32.2	32.1
Alanine	4.8	4.8	5.1	5.0
A. Aspartique	10.7	10.7	11.0	11.0
Glycine	1.7	1.7	1.4	1.3
Sérine	5.0	5.0	4.6	4.5
NEAA (Non-essential AA)	22.2	22.2	22.0	21.8
BCAA/EAA	48.6%	48.6%	50.2%	50.5%