

Comparatif Whey - Grande Marques

	Optimum Nutrition		Dymatize		Scitec Nutrition			BioTech		Reflex	
	Gold Standard	Complete Protein	Elite Whey	Iso-100	100% Whey	100% Isolate	Iso Best	Nitro Whey	Iso Whey Zero	Instant Whey	Micro Whey
Gout	Arome	Arome	Arome	Arome	Arome	Arome	Arome	Arome	Arome	Arome	Arome
Prix	110.0 €	50.0 €	86.0 €	69.0 €	99.0 €	98.0 €	85.0 €	67.0 €	66.0 €	86.0 €	70.0 €
Poids (kg)	4.5	2.0	4.5	2.3	5.0	4.0	2.3	2.3	2.3	4.4	2.3
Prix/kg	24.2 €	25.0 €	18.9 €	30.4 €	19.8 €	24.5 €	37.0 €	29.5 €	29.1 €	19.5 €	30.8 €
Kcal (100g)	385.3	350.0	376.5	357.1	319.1	388.0	363.6	384.1	374.4	384.3	363.0
P (100g)	78.9	59.5	74.1	89.3	72.6	80.0	90.9	73.9	87.6	80.0	88.0
G (100g)	9.9	19.0	6.2	-	3.8	8.0	-	6.8	6.0	6.4	2.0
L (100g)	3.3	4.0	6.2	-	1.5	4.0	-	6.8	-	4.3	0.3
Kcal (30g)	115.6	105.0	113.0	107.1	95.7	116.4	109.1	115.2	112.3	115.3	108.9
P (30g)	23.7	17.9	22.2	26.8	21.8	24.0	27.3	22.2	26.3	24.0	26.4
G (30g)	3.0	5.7	1.9	-	1.1	2.4	-	2.0	1.8	1.9	0.6
L (30g)	1.0	1.2	1.9	-	0.5	1.2	-	2.0	-	1.3	0.1
Prix/dose	0.73 €	0.75 €	0.57 €	0.91 €	0.59 €	0.74 €	1.11 €	0.89 €	0.87 €	0.59 €	0.93 €
Prix/g	0.03 €	0.04 €	0.03 €	0.03 €	0.03 €	0.03 €	0.04 €	0.04 €	0.03 €	0.02 €	0.04 €
Aminogramme:											
Leucine	10.5	6.8	10.3	11.3	10.7	n/c	10.6	10.5	10.3	n/c	10.6
Isoleucine	6.6	6.8	6.1	7.9	6.1	n/c	6.4	6.4	5.7	n/c	6.4
Valine	5.9	6.8	6.7	7.4	5.6	n/c	5.9	6.0	5.8	n/c	5.9
BCAA	23.0	20.4	23.0	26.6	22.4	-	22.9	22.8	21.7	-	22.9
Lysine	9.3	6.8	10.1	8.0	9.6	n/c	9.6	9.3	8.9	n/c	9.6
Méthionine	2.1	6.8	2.1	1.7	2.1	n/c	2.2	1.9	2.0	n/c	2.2
Phénylalanine	3.1	6.8	3.0	2.6	2.9	n/c	3.0	3.0	3.5	n/c	3.3
Thréonine	6.9	6.8	6.5	6.8	6.2	n/c	6.7	6.9	6.9	n/c	6.7
Tryptophane	1.7	6.8	1.7	1.8	1.6	n/c	1.4	1.6	1.4	n/c	1.4
EAA (Essential Amino Acid)	23.1	33.9	23.3	20.9	22.5	-	22.9	22.7	22.7	-	23.2
Arginine	2.1	5.6	2.4	2.3	2.3	n/c	2.1	2.1	3.0	n/c	2.1
Cystine	2.1	5.6	2.7	1.8	2.7	n/c	2.2	1.9	2.4	n/c	2.2
A. Glutamique	17.0	5.6	16.0	17.8	19.0	n/c	18.1	17.9	16.7	n/c	18.1
Histidine	1.8	5.6	1.7	1.8	1.6	n/c	1.7	1.7	1.9	n/c	1.7
Proline	6.3	5.6	5.9	6.2	5.5	n/c	5.5	6.3	5.5	n/c	5.5
Tyrosine	2.9	5.6	3.1	2.2	3.1	n/c	2.6	3.0	3.1	n/c	2.6
CAA (Conditional AA)	32.2	33.8	31.8	32.0	34.1	-	32.2	32.9	32.5	-	32.2
Alanine	4.9	3.0	4.9	4.4	4.7	n/c	5.0	4.9	4.9	n/c	5.0
A. Aspartique	10.5	3.0	10.5	9.4	9.9	n/c	11.0	10.4	10.6	n/c	11.0
Glycine	1.7	3.0	1.7	1.8	1.7	n/c	1.4	1.6	2.4	n/c	1.4
Sérine	4.7	3.0	4.9	4.9	4.8	n/c	4.6	4.6	5.5	n/c	4.6
NEAA (Non-essential AA)	21.8	11.9	21.9	20.5	21.1	-	22.0	21.5	23.4	-	22.0
BCAA/EAA	50.0%	37.5%	49.7%	56.0%	49.9%	n/c	50.0%	50.1%	48.9%	n/c	49.7%