

Comparatif Whey - MyProtein

	Impact Whey Protein		Impact Whey Isolate	
Gout	Nature	Arome	Nature	Arome
Prix	55.0 €	65.0 €	68.0 €	90.0 €
Poids (kg)	5.0	5.0	4.0	5.0
Prix/kg	11.0 €	13.0 €	17.0 €	18.0 €
Kcal (100g)	405.1	392.9	372.3	361.5
P (100g)	80.4	78.0	90.2	87.5
G (100g)	5.9	5.7	0.7	0.7
L (100g)	6.7	6.5	1.0	1.0
Kcal (30g)	121.5	117.9	111.7	108.4
P (30g)	24.1	23.4	27.1	26.2
G (30g)	1.8	1.7	0.2	0.2
L (30g)	2.0	1.9	0.3	0.3
Prix/dose	0.33 €	0.39 €	0.51 €	0.54 €
Prix/g	0.01 €	0.02 €	0.02 €	0.02 €
Aminogramme:				
Leucine	10.6	10.6	10.6	10.6
Isoleucine	6.4	6.4	6.4	6.4
Valine	5.9	5.9	5.9	5.9
BCAA	22.9	22.9	22.9	22.9
Lysine	9.6	9.6	9.6	9.6
Méthionine	2.2	2.2	2.2	2.2
Phénylalanine	3.0	3.0	3.0	3.0
Thréonine	6.7	6.7	6.7	6.7
Tryptophane	1.4	1.4	1.4	1.4
EAA (Essential Amino Acid)	22.9	22.9	22.9	22.9
Arginine	2.1	2.1	2.1	2.1
Cystine	2.2	2.2	2.2	2.2
A. Glutamique	18.1	18.1	18.1	18.1
Histidine	1.7	1.7	1.7	1.7
Proline	5.5	5.5	5.5	5.5
Tyrosine	2.6	2.6	2.6	2.6
CAA (Conditional AA)	32.2	32.2	32.2	32.2
Alanine	5.0	5.0	5.0	5.0
A. Aspartique	11.0	11.0	11.0	11.0
Glycine	1.4	1.4	1.4	1.4
Sérine	4.6	4.6	4.6	4.6
NEAA (Non-essential AA)	22.0	22.0	22.0	22.0
BCAA/EAA	50.0%	50.0%	50.0%	50.0%