



NATURAL WHEY

TUFF SUPPS NATURAL WHEY

Tuff Supps are 100% Australian made, Natural Whey Protein delivers undenatured whey protein goodness directly extracted from the milk of pasture-raised, grass-fed cows. Containing the best of both worlds with a **perfect blend of Australian native whey protein isolate and whey protein concentrate**. This means that you can have the **high protein hit** of WPI with the more **creamy taste** of WPC, with minimal lactose and fat.

WPI AND WPC

WPI undergoes an extra step of filtration than WPC, this removes almost all fat and lactose content. While both WPI and WPC are rich in protein and amino acids, once filtered WPI is left with a higher concentration of protein (raw WPI is almost 90% protein whilst raw WPC is 80% protein). This makes WPI one of the **purest sources of protein available**.

The differences between WPI and WPC are fairly subtle, the main point of difference is the trace amount of lactose and fat in WPI compared to WPC and the contrasting creamier taste of WPC. The combination of WPI and WPC enables a **great-tasting** large hit of **high-quality whey protein**.

100% AUSTRALIAN SOURCED WHEY PROTEIN

FEATURES AND BENEFITS

Tuff Supps Natural Whey Protein is an ideal base for smoothies, shakes, puddings, protein balls or other snacks as part of an everyday healthy diet and active lifestyle.

- > 80% WPC purity
- Passed through innovative, serial filtration processes
- Gently spray-dried at low temperatures to retain the native structure and functional properties
- non-GMO milk and rich in Branched Chain Amino Acids
- Clean and pure taste profile
- Proudly Australian made using pure Australian cow's milk

NO FILLERS OR ARTIFICIAL INGREDIENTS JUST AUSTRALIAN WHEY PROTEIN AND NATURAL FLAVOURS

NATIVE WHEY PROTEIN ISOLATE AND CONCENTRATE

Traditionally whey protein has been made as a byproduct of cheese manufacturing. New technology for making whey protein isolate and concentrate allows for gentler extraction of delicate whey proteins directly from fresh cows milk, which provides non-denaturation whey (better preserved natural or 'native' protein structures) as well as **improved purity** (ultra-pure) and **superior amino acid** profile rich in branch chain amino acids (essential for muscle repair, maintenance and growth).

Native whey is also an excellent source of other functional whey proteins such as α -lactalbumin, β -lactalbumin and Immunoglobulins (immune system support).

This high functional protein has exceptional biological value demonstrated by its **high protein, low carbohydrates and low-fat profile** (<1% sugar and fat content) and is **rapidly digested** and absorbed.

ALL NATURAL CLEAN PROTEIN

BENEFITS OF WHEY PROTEIN

At Tuff Supps, we promote all benefits that whey protein carries, including a multitude of significant **health benefits** that as a staple of a healthy diet provide health and wellbeing **benefits for everyone**. The perception that whey is used only for athletic development by bodybuilders has recently given way to a more **holistic** view of whey protein. More and more people are adding daily whey protein into their diets and are **reaping the health-enhancing benefits**.

ALL NATURAL INGREDIENTS

Containing only essential ingredients with certified organic stevia and all-natural flavours, there are **no artificial additives or fillers**, Tuff Supps Native Whey Protein is an ideal base for smoothies and shakes to **aid performance and recovery** or as part of an everyday healthy diet and active lifestyle.

NUTRITIONAL INFORMATION		
	PER 33g SERVE	PER 100g
ENERGY	587 kJ (140 cal)	1781 kJ (426 cal)
PROTEIN	26.7g	80.9g
TOTAL FAT	1.8g	5.5g
- SATURATED FAT	1.1g	3.5g
CARBOHYDRATES	1.0g	5.5g
- SUGARS	1.1g	3.5g
CREATINE MONHYDRATE	65mg	196mg