

# Whey Protein Enriched Blackberry Performance Drink

Enhanced with 10 grams of protein, this isotonic beverage can aid in muscle recovery after exercise.



## INGREDIENTS

	Usage Levels (%)
Water	91.80
<b>Whey Protein Isolate</b>	<b>4.49</b>
Fructose	2.57
Natural Blackberry Flavor	0.47
Phosphoric Acid	0.40
Sodium Citrate	0.17
25% Sucralose Solution	0.03
Monopotassium Phosphate	0.02
Potassium Sorbate	0.02
Red 40	0.02
Blue 1	0.01
<b>Total</b>	<b>100.00</b>

## PREPARATION

1. **Mix Whey Protein Isolate in half of formula water at room temperature with high-speed mixer and hydrate for 30 minutes.**
2. **Mix in fructose, flavor, color, salts and remaining water.**
3. **Use 85% solution of acid to adjust pH to 3.3.**
4. **Heat to 195°F for 30 seconds.**
5. **Fill containers and cool.**

## MARKET INSIGHTS

- Protein can increase the functionality of isotonic beverages by providing benefits around muscle development and recovery after a workout.
- A lower calorie option appeals to the growing number of consumers who are shifting away from high-calorie beverages.

## BENEFITS OF USING U.S. DAIRY

### Whey Protein Isolate

- Boosts protein content and is easily digested and absorbed by the body
- Contains all of the essential amino acids required by the body for good health
- Is well-suited to clear isotonic beverages because of its superior solubility, clarity and heat stability at acid PH
- Provides a clean, neutral taste that is well-suited to fruit flavors in beverages

## NUTRITIONAL CONTENT

### U.S. Label

## Nutrition Facts

Serving Size 240 ml (240g)  
Servings Per Container 1

Amount Per Serving		% Daily Value*
<b>Calories 70</b>	Calories from Fat 0g	
<b>Total Fat 0g</b>		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>		<b>0%</b>
<b>Sodium 110mg</b>		<b>5%</b>
<b>Potassium 30mg</b>		<b>1%</b>
<b>Total Carbohydrate 8g</b>		<b>3%</b>
Dietary Fiber 0g		<b>0%</b>
Sugars 7g		
<b>Protein 10g</b>		

Vitamin A 0% • Vitamin C 0%  
Calcium 0% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Rely on the dynamic lineup of U.S. dairy to meet consumer demands in global product development. The U.S. Dairy Export Council® (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org) including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specifications needs. Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison. ©2014 U.S. Dairy Export Council.