

Pure Whey Protein

With easily absorbable whey protein isolate,
a pure form of protein.



Welcome to FitForMe!

We are pleased that you have chosen Pure Whey Protein. In this brochure you will find all the information you need before using the product. If you have questions and need more information, don't hesitate to contact us.

Proteins, an important nutrient

Proteins are important for our body: they stimulate and promote (fat-free) muscle mass and it helps with the maintenance and recovery of your muscles. Furthermore, protein supports the bones. For bariatric patients it is not always easy to take in the right amount of protein daily, since after your surgery you will eat in smaller quantities. For this reason FitForMe has created a supplement tailored for you.

Protein after your surgery

The Pure Whey Protein contains whey isolate, a pure form of protein that can be quickly absorbed by the body. After a bariatric procedure or during weight loss, it is important to get enough protein to help you maintain your muscle mass. This is an important point of attention, especially during rapid weight loss. You want to make sure that you don't lose your muscle mass. Strong muscles will help you feel fit!

Recommended dosage

You can take one protein shake per day to supplement your diet. In consultation with your dietitian you can determine exactly how many grams you need per day to supplement your diet optimally. Drink your shake preferably in the early morning, after exercise or at bedtime.

Did you know that...

- ✓ Whey Isolate is the purest form of protein?
- ✓ Pure Whey Protein contains very low levels of fats, carbohydrates, lactose and 95% of proteins?
- ✓ We have different flavours available, namely strawberry, vanilla and neutral?
- ✓ Thanks to the fast solubility and taste of the product there is no limit to the recipes you can prepare (both hot and cold)?

Get started with your Pure Whey Protein

How to prepare your daily portion of protein?

1 First of all, check the indication of your specialist about the dosage.

2 Open the jar and look for the measuring scoop inside.

! If you do not find the measuring scoop, help yourself with a spoon. It could be slipped down during transport.

NB The measuring scoop corresponds to 10 gr of product. Calculate how many scoops you need to use, based on the recommended daily dose. For example, to prepare a portion of 30 grams, you will need to fill 3 scoops.



3 Now add 200ml of liquid for each 30g and prepare your protein drink as you like.

Numerous recipes

There is so much you can do with protein! Be creative and try different things, for example: you can use all kinds of milk, yoghurt, fresh or dried fruit, ice cubes and more. But you can use the protein in soups and healthy desserts as well! Want to know our best recipes? Visit our website: www.fitforme.com.



Customer Service

Questions? Contact us!

Telephone:

(openings hours: 00:00-00:00)

Email:

Website:

