

# whey protein isolate

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1. whey protein isolate
  - 2.
  3. Tmtprosport
  - 4.
  5. whey protein isolate
- Whey 24 BCAAs 5.5 4 whey protein  
2 5 10



whey protein ? ? ""

whey protein

Concentrate

70-80% whey protein

Isolate

90% ()

Hydrolyzed

95-100% 2 ? <https://www.tmtprosport.com/> !

1: BRM (Basal Metabolic Rate: ) : x 35% = ÷ 4 = 1,200 1,200 x 35% = 420 420 ÷ 4 = 105 105 ( whey protein isolate )