



## Company

Ausnutria Dairy Ingredients is a division of Ausnutria, a professional and fast-growing company with over 100 years of experience in the dairy industry. From its headquarters and five production sites in the Netherlands, both the consumer and the corporate global markets are served with high quality infant formula and other types of dairy products. With a firm belief in the natural benefits of goat milk, Ausnutria Dairy Ingredients markets a full range of goat milk ingredients under the brand CBM. The CBM brand is world leading in high quality goat milk ingredients for the global business-to-business market.

# Goat Micellar Protein Concentrate 60

 **MADE IN HOLLAND**

## GOAT Caseinates Overnight Recovery starts here

### Characteristics

- ✓ ±90% casein protein / 10% whey protein
- ✓ 40 – 48 g casein protein intake per serving
- ✓ Excellent digestibility and bioavailability
- ✓ Rich in vitamins & minerals

Ausnutria GMPC60 is a high casein protein which contains all essential amino acids and significantly contributes to the post-exercise recovery and positively affect protein metabolism and exercise performance.

- ✓ Presleep casein protein ingestion:
  - increases plasma amino acid availability during sleep
  - reduces muscle soreness and recovers muscle damage
  - contributes significantly to the amino acid content in the blood

**“Milking the difference”**

Presleep protein ingestion improves muscle adaptive response



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## Presleep protein ingestion improves muscle adaptive response

Caseinates as a presleep protein supplementation ingested immediately before sleep is effectively digested and absorbed. Casein is a more slowly digestible protein source, allowing a more moderate but prolonged rise in plasma amino acid concentrations. Thereby it is supporting and stimulating muscle protein synthesis and improving whole-body protein balance during postexercise overnight recovery<sup>2</sup>.

**GMPC60 casein to whey ratio:  $\pm$ 90:10**

## Packaging

- Multiply paper bag with PE liner, 15kg
- Other packaging available
- Suitable for export

Chemical/Physical characteristics	Typical values
Protein (N*6.38)	60%
Fat	1%
Lactose	25%
Ash	9%
Moisture	<4%

## Storage instructions

- Product should be stored in a cool, dry and dark environment

## Product Characteristics

- Very mild and neutral taste
- Easy to digest
- Slow release into the body

## Applications

- Sports Nutrition
- Medical Nutrition
- Dairy Beverages and Snacks
- Yogurt
- Healthy Ageing

## Shelf life

- 18 months after manufacture date
- Stored according instructions and in original packaging

## Certifications

- BRCS / ISO
- Kosher
- Halal

Microbiological	
Total plate count	<10.000 cfu/g
Yeasts and mould	<100 cfu/g
Staphylococcus aureus	Absent / 1 g
Salmonella	Absent / 125 g
Listeria monocytogenes	Absent / 125 g

<sup>1</sup> Trommelen, J., & van Loon, L. J. (2016). Presleep Protein Ingestion to Improve the Skeletal Muscle Adaptive Response to Exercise Training. *Nutrients*, 8(12), 763. <https://doi.org/10.3390/nu8120763>; Kim J. (2020). Presleep casein protein ingestion: new paradigm in post-exercise recovery nutrition. *Physical activity and nutrition*, 24(2), 6–10. <https://doi.org/10.20463/pan.2020.0009>

<sup>2</sup> Peter T Res, Bart Groen, Bart Pennings, Milou Beelen, Gareth A Wallis, Annemie P Gijzen, Joan M G Senden, Luc J C VAN Loon. PMID: 22330017 DOI: 10.1249/MSS.0b013e31824cc363



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CBM is an Ausnutria brand

