International Protein introduces new Ready to Grow line of protein drinks

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Boca Raton (PRWEB) September 21, 2017 -- Australian nutritional supplement company International Protein is pleased to announce the release of its new Ready to Grow (R.T.G.) range of premium protein drinks.

There are three drinks in all — Coffee, Vanilla and Chocolate — for, of course, those on the go who need a quick protein boost. Each 375 ml R.T.G. drink contains a massive 30 grams of protein derived from casein, whey protein isolate, whey protein concentrate and more than 20 percent of the recommended daily intake of 10 essential vitamins and minerals, so it’s the perfect for those on the go.

There is no need for refrigeration or added water for each of R.T.G’s high-protein drinks — just shake and drink.

“With less than 90 calories per serving, this formulation is perfect for someone trying to control their calorie intake, or someone wanting to consume extra calories on the go,” food scientist, body builder and Director of International Protein Christine Envall said. “The high protein component of R.T.G. will help to manage satiety and keep energy levels elevated throughout the day.

“So if you’re looking for a high-protein snack, convenience with great taste that’s also all-natural, our R.T.G. drinks are perfect for you.”

Envall is a three-time Overall World Champion and Australia’s only IFBB Professional female body builder, and the Director of International Protein.

“I understand the relationship between food, nutrition and supplements, and their role in facilitating high-intensity training, strength and muscle increases, and body-fat losses with the goal of attaining the ultimate physique,” Envall said. “As a qualified and experienced food scientist, I understand the complex interactions between the chemical and organoleptic properties and the physical structure of food so I know how to make food nutritious and appealing to eat — or in this case, drink.”

For more information on International Protein’s new line of Ready to Grow protein drinks, visit www.internationalprotein.com.
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