

Whey Protein Enriched Blackberry Performance Drink



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

Market Insights:

- Protein can increase the functionality of isotonics 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 Dairy Ingredients — 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

Ingredient	Usage Level (%)
Water	92.12
Whey Protein Isolate	4.49
Fructose	2.57
Phosphoric Acid	0.40
Sodium Citrate	0.17
Natural Blackberry Flavor	0.15
25% Sucralose Solution	0.03
Monopotassium Phosphate	0.02
Potassium Sorbate	0.02
Red 40	0.02
Blue 1	0.01
TOTAL	100.00 %

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.

Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison.
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Nutrition Facts	
Serving Size 240 ml (240g)	
Servings Per Container 1	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium 30mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 10g	
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 60g
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	

Enjoy this sample, courtesy of Dairy Management Inc.™ Call **1-800-248-8829** for assistance with new formulations and product development. For additional sample formulations and the latest on dairy ingredients, visit www.innovatewithdairy.com.

Peach-Flavored Drink with Whey Protein and Fiber



*This delicious peach-flavored drink is infused with whey protein and fiber — helping to promote satiety.**

Ingredient	Usage Level (%)
Water	85.95
Fructose	5.60
Whey Protein Isolate	4.59
Fiber (National Starch Nutriose FM06)	1.25
Pectin (Hamulsion GDLMU)	1.20
Apple Juice Conc -70 Brix	0.80
88% Phosphoric Acid	0.44
Natural Peach Flavor (Wild Flavors FAHU455)	0.10
Potassium Sorbate	0.04
25% Sucralose Solution	0.02
Orange Color	0.01
TOTAL	100.00 %

Preparation:

1. Dissolve Whey Protein Isolate (WPI) in half of the formula water at room temperature with a high-speed mixer and hydrate for 30 minutes.
2. Dissolve pectin solution in remaining water at 185°F.
3. Hold solution with stirring for 10 minutes.
4. Add apple juice, fructose, sucralose, sorbate, fiber, color and flavors.
5. Add WPI solution.
6. Add phosphoric acid to attain a pH of 3.8.
7. Homogenize the mixture at 2500/700 psi.
8. Heat to 175°F for 45 seconds and cool.

Developed at the Wisconsin Center for Dairy Research, University of Wisconsin-Madison.
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Market Insights:

- *Scientific studies support the relationship between protein and satiety, or the feeling of fullness after consuming a particular food
- Foods and beverages made with high-quality protein, and as part of diets high in protein, can help consumers who are trying to eat less or curb their appetite

Benefits of Using Dairy Ingredients — 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
- Provides a clean, neutral taste that is well-suited to fruit flavors in beverages

Nutrition Facts	
Serving Size 240 ml (240g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Potassium 45mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	14%
Sugars 15g	
Protein 10g	
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	

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