


# NutriPRO® Alpha-Lactalbumin

Exceptional amino acid profile, naturally high in typtophan



## NutriPRO® Alpha-lac

Exceptional amino acid  
profile naturally high in  
tryptophan

Alpha-lactalbumin is one of the main protein fractions in bovine and human milk. It is naturally high in the essential amino acid tryptophan, known to promote the synthesis of serotonin in the body. This neurotransmitter has several key roles in the body, including promoting sleep and mood. For adult nutrition, alpha-lactalbumin supplementation has been shown to improve sleep, reduce feelings of fatigue, and enhance cognitive performance.

### Features & Benefits

- 3x Alpha content of standard whey protein
- Up to 43% alpha-lactalbumin concentration
- Natural source of tryptophan
- High level of BCAAs
- Cognitive performance & mood
- Aids in sleep & recovery
- Weight management aid

### Product Applications

#### Alpha-Lactalbumin

- Ready to Mix
- Bars
- Yogurt
- Beverages
- Gummies

### Certifications

