

# Isotonic Beverage with WPI



## INGREDIENTS

	Usage Levels (%)
Water	85.43
Fructose	9.00
<b>Whey protein isolate (WPI)</b>	<b>5.00</b>
Phosphoric acid	0.37
Natural mango flavor	0.05
Yellow color	0.04
Potassium sorbate	0.04
Salt	0.04
Calcium chloride	0.02
Potassium chloride	0.01
<b>Total</b>	<b>100.00</b>

## NUTRITIONAL CONTENT

Per 100mL	
<b>Calories</b>	50kcal
<b>Total Fat</b>	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
<b>Total Carbohydrates</b>	9g
Dietary Fiber	0g
Sugars	9g
<b>Protein</b>	5g
Calcium	2mg
Vitamin C	2mg

## PREPARATION

1. **Reconstitute WPI in formula water (at ambient temperature) with a high-speed mixer and allow to hydrate for 20 minutes with minimal agitation.**
2. **Mix in fructose, salts, flavor and color.**
3. **Use an 85% phosphoric acid solution to adjust pH to 3.2.**
4. **Heat to 90°C (195°F) for 45 seconds.**
5. **Fill containers and cool to 4°C (40°F).**

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This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.