

ENERGY

# RECOVERY SHAKE

+ WHEY +LEUCIN +GLUTAMIN

VANILLA



## QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



CARBOHYDRATE-PROTEIN POWDER FOR REGENERATION AND RECONSTITUTION. WITH VITAMINS AND MINERALS, VANILLA FLAVOURED.

## PRODUCT DESCRIPTION

SPONSER Recovery Shake is a combination of multi-chain carbohydrates, high quality proteins as well as vitamins and minerals for a normal recovery after sport activities. The short, medium and long chain carbohydrates with different glycemic index deliver energy for training and helps the glycogen replacement. The high protein content supports the muscle growth and maintenance.

- Natural microgranulated whey protein from cross-flow micro-filtration
- With leucine and glutamine
- Important vitamins, minerals and trace elements

## ADVANTAGES

- **Combines carbohydrate and protein sources**
- **Wide effect spectrum: energy, growth, maintenance**
- **Enriched with L-leucine (total 6 g BCAA) and L-glutamine (3 g per 100 g)**
- **Enriched with vitamins and minerals**

## UTILISATION

For optimal recovery, consume within 1 hr prior to and/or after activity. 1-2 shakes daily.

## PREPARATION

2 level scoops (approx. 40 g) + 300 ml cold milk in a shaker/mixer. For preparation with water add more powder.

## INGREDIENTS

Sucrose, fructose, **milk** proteins 17% (microgranulated **whey protein** concentrate, **whey** protein isolate, **casein**), **skim milk** powder, **whey powder**, maltodextrine, dextrose, L-leucine 3%, L-glutamine 3%, flavours, thickeners (guar gum, xanthane, sodium alginate), 9 minerals (sodium citrate, magnesium carbonate, ferric fumarate, zinc-,

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copper- and manganese-gluconate, potassium iodate, chromium yeast, sodium selenate), vanilla extract 1%, 12 vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin), emulsifier **soy** lecithin, vanilla beans.

## FLAVOURS/PACKAGING

Vanilla, Banana, Chocolate 900 g can (22 servings)

## NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1600 (377)		1065 (251)	
fat	1.0 g		0.7 g	
of which saturated fatty acids	0.6 g		0.2 g	
carbohydrates	70 g		43 g	
of which sugars	62 g		40 g	
fibres	2.5 g		1.0 g	
protein	22 g		18 g	
salt****	0.90 g		0.73 g	
<b>VITAMINS</b>		%NRV*		%NRV*
A	540 µg	67%	215 µg	27%
D	3.5 µg	70%	1.4 µg	28%
E	7.0 mg	58%	2.8 mg	23%
C	30 mg	38%	12 mg	15%
B1	0.8 mg	70%	0.3 mg	28%
B2	1.1 mg	80%	0.4 mg	32%
Niacin	12 mg	75%	4.8 mg	30%
B6	1.1 mg	75%	0.4 mg	30%
folic acid	140 µg	70%	56 µg	28%
B12	1.0 µg	39%	0.5 µg	20%
biotine	12 µg	24%	7.5 µg	15%
pantothenic acid	2.1 mg	35%	1.0 mg	17%
<b>MINERALS</b>	PER 100 G	%NRV*	1 SHAKE	%NRV*
calcium	260 mg	33%	460 mg	58%
phosphor	220 mg	31%	385 mg	55%
fer	6.5 mg	46%	2.6 mg	19%
magnesium	130 mg	35%	84 mg	22%
zinc	5.0 mg	50%	2.0 mg	20%
iodine	20 µg	13%	8.0 µg	5%
selenium	20 µg	36%	8.0 µg	15%
copper	0.6 mg	60%	0.24 mg	24%
chromium	75 µg	188%	30 µg	75%
potassium	300 mg	15%	570 mg	29%

\* nutrient reference values

\*\*1 Portion = 40 g + 300 ml skim milk (0.1% fat). 100 ml of the preparation contains 355 kJ (84 kcal).

\*\*\*calculated per law with factor 2.5. sodium content 360 mg/100 g (290 mg/Portion)

BCAA (Leucin, Isoleucin, Valin): 6000 mg/100 g

Carefully produced in Switzerland by Sponser

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