

POWER

# PREMIUM MUSCLE SUPPORT

+ WHEY CFM + COLOSTRUM + LEUCINE

STRAWBERRY



## QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



VARIOUS  
FLAVOURS

**MULTI PROTEIN POWDER ENRICHED WITH L-LEUCINE AND VITAMINS.  
STRAWBERRY FLAVOURED, WITH SWEETENERS.**

## PRODUCT DESCRIPTION

Protein supports growth in muscle mass and its maintenance. Thanks to its uncompromising combination of high quality special protein, Premium Muscle Support is particularly appropriate for ambitious athletes. The specific combination of colostrum, whey (whey protein isolate CFM) and micellar casein provides a high quality amino acid spectrum as well as different solubility and absorption properties.

- Whey- and milk protein isolate from cross-flow microfiltration and ultrafiltration as natural source of lactalbumin, micellar casein and milk calcium.
- Enriched with colostrum, the cows first milk
- Protein hydrolysates from whey (Whey CFM Nitro™), casein (PeptoPro™), potato and egg supply protein in quickly available form of peptide. Peptides are pre-split proteins (short chain peptides).
- Enriched with L-leucine, an essential amino acid.
- Whey CFM Nitro™, an hydrolysed whey protein isolate CFM.

## ADVANTAGES

- **Best qualitative protein mix**
- **Only 2.1 g of lactose per portion**
- **Gluten free**
- **Natural taste**
- **Preparation with water**

## UTILISATION

Preferably before and following exercise and/or before bedtime. 1-3 drinks per day, please note also the recommendations concerning daily protein needs under [www.sponser.ch/calculators](http://www.sponser.ch/calculators). As part of a varied and balanced diet and a healthy lifestyle.

Preparation: Mix 3 level scoops (approx. 30 g) + 200 ml of water in a shaker.

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## INGREDIENTS

Protein powders 85% (**whey** and **milk** protein isolat, protein hydrolysates [**casein**, **whey**, potatoe, **egg**], **bovin colostrum** 5%, hydrolysed **whey protein** isolat), **whey** powder, L-leucine 2%, emulsifier **soy** lecithin, flavours, acidulant ascorbic acid, colouring red beet juice, 10 vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, biotin, cyanocobalamin), sweeteners (acesulfam K, neotame).

## FLAVOURS/PACKAGING

Chocolate, Strawberry 425 g (14 servings) or 850 g can (28 servings)

## NUTRITION FACTS

TYPISCHE NÄHRWERTE	per 100 g powder		1 Shake = 25 g Pulver	
energy kJ (kcal)	1576 (371)		394 (93)	
fat	1.7 g		0.4 g	
of which saturated fatty acids	0.6 g		< 0.2 g	
carbohydrates	14 g		3.5 g	
of which sugars	7.1 g		1.8 g	
of which Lactose	6.9 g		1.7 g	
fibres	0 g		0 g	
protein	73 g		18 g	
salt***	0.68 g		0.20 g	
<b>vitamins</b>		<b>%NRV*</b>		<b>%NRV*</b>
E	12 mg	100%	3.0 mg	25%
C	80 mg	100%	20 mg	25%
B1	1.1 mg	100%	0.3 mg	27%
B2	1.4 mg	100%	0.4 mg	29%
Niacin	16 mg	100%	4.0 mg	25%
B6	1.4 mg	100%	0.4 mg	29%
folic acid	200 µg	100%	50 µg	25%
B12	2.5 µg	100%	0.6 µg	24%
Biotin	50 µg	100%	13 µg	26%
pantothenic acid	6.0 mg	100%	1.5 mg	25%
<b>minerals</b>		<b>%NRV*</b>		<b>%NRV*</b>
potassium	640 mg	32%	160 mg	8%
calcium	1000 mg	125%	250 mg	31%
magnésium	90 mg	24%	22 mg	6%
phosphorus	630 mg	90%	158 mg	23%

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CHOCOLATE

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Amino acids per 100 g pure protein		
essential	histidine	2.1 g
	isoleucine	6.3 g
	leucine	13.1 g
	lysine	9.4 g
	methionine + cysteine	4.5 g
	phenylalanine + tyrosine	7.5 g
	threonine	6.6 g
	tryptophan	1.8 g
	valine	6.4 g
non-essential	alanine	4.6 g
	arginine	2.8 g
	aspartic acid	10.6 g
	glutamic acid	20.3 g
	glycine	1.9 g
	proline	7.6 g
	serine	5.2 g

Biological value (according to Oser) = 170  
 (whole egg = 155)

Total BCAA (valine, leucine, isoleucine) = 258 mg/g  
 pure protein

Carefully produced in Switzerland by

Sponser Sportnahrung AG  
 CH-8832 Wollerau

Sponser Europe GmbH  
 D-88131 Lindau