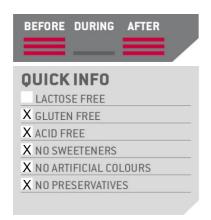


## **POWER**

# **WEIGHT PLUS**

+ WHEY + LEUCINE + GLUTAMINE + PEPTIDE

# **VANILLA**





CARBOHYDRATE-PROTEIN POWDER FOR MUSCLE BUILD-UP AND RECOVERY. WITH VITAMINS AND MINERALS, VANILLA FLAVOURED.

#### PRODUCT DESCRIPTION

Constitution preparation with balanced combination of carbohydrates and high quality protein sources. Delivers energy as well as protein. The proteins contribute to a growth in muscle mass and its maintenance. Enriched with L-leucine, L-glutamine as well as vitamins and minerals.

The short, medium and long chain carbohydrates have different glycemic indexes.

- Natural whey protein isolates from cross-flow microfiltration with 25% BCAA in pure protein.
- Protein hydrolysates release quickly available and short chain peptides.

## **ADVANTAGES**

- Combines high quality protein and carbohydrates sources
- Wide effect spectrum: energy, constitution and maintenance
- Enriched with L-leucine and L-glutamine
- Available in 3 flavours

## **UTILISATION**

Consume up to 1 h before and/or within 1 h after exertion. 1-2 shakes daily. As part of a varied and balanced diet and a healthy lifestyle.

#### **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-, copper- and manganese-gluconate, potassium iodate, chromium yeast, sodium selenate), vanilla extract



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pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid), emulsifier **soy** lecithin, vanilla beans.

#### FLAVOURS/PACKAGING

Vanilla, Banana, Chocolate

800 g can (20 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	
VITAMINS	%NRV *		%NRV *	
A	540 µg	67%	215 µg	27%
D	3.5 µg	70%	1.4 µg	28%
Е	7.0 mg	58%	2.8 mg	23%
С	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%
biotin	12 µg	24%	7.5 µg	15%
pantothenic acid	2.1 mg	35%	1.0 mg	17%
MINERALS	PER 100 G	%NRV*	1 SHAKE	%NRV *
calcium	260 mg	33%	460 mg	58%
phosphorus	220 mg	31%	385 mg	55%
magnesium	130 mg	35%	84 mg	22%
potassium	300 mg	15%	570 mg	29%
iron	6.5 mg	46%	2.6 mg	19%
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%

<sup>\*</sup> nutrient reference values

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

Carefully produced in Switzerland by

Sponser Sportnahrung AG CH-8832 Wollerau

Sponser Europe GmbH D-88131 Lindau

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

<sup>\*\*\*</sup>calculated with factor 2.5. Sodium content 360 mg/100 g (290 mg/Portion)