

POWER

WEIGHT PLUS

+ WHEY + LEUCINE + GLUTAMINE + PEPTIDE

VANILLA

BEFORE	DURING	AFTER
=====	=====	=====

QUICK INFO

- ☐ LACTOSE FREE
- ☒ GLUTEN FREE
- ☒ ACID FREE
- ☒ NO SWEETENERS
- ☒ NO ARTIFICIAL COLOURS
- ☒ NO PRESERVATIVES



**VARIOUS
FLAVOURS**

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

POWER

WEIGHT PLUS

+ WHEY + LEUCINE + GLUTAMINE + PEPTIDE

VANILLA

PAGE 2

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%
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%
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%

* nutrient reference values

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

***calculated 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 Sportnahrung AG
CH-8832 Wollerau

Sponser Europe GmbH
D-88131 Lindau