

ENERGY

# RECOVERY SHAKE

+ WHEY +LEUCIN +GLUTAMIN

CHOCOLATE



**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, CHOCOLATE 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 14% (microgranulated **whey protein** concentrate, **whey protein** isolate, **casein**), defatted cocoa 9%, **skim milk** powder, **whey** powder, dextrose, L-leucine 3%, L-glutamine 3%, maltodextrine, 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), 12

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soy lecithin, 12 vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin).

## FLAVOURS/PACKAGING

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

## NUTRITION FACTS

| NUTRITION FACTS                | PER 100 G POWDER |       | 1 PORTION** |       |
|--------------------------------|------------------|-------|-------------|-------|
| energy kJ (kcal)               | 1530 (360)       |       | 1045 (246)  |       |
| fat                            | 0.9 g            |       | 0.7 g       |       |
| of which saturated fatty acids | 0.5 g            |       | 0.2 g       |       |
| carbohydrates                  | 67 g             |       | 42 g        |       |
| of which sugars                | 61 g             |       | 39 g        |       |
| fibres                         | 3.8 g            |       | 1.5 g       |       |
| protein                        | 21 g             |       | 18 g        |       |
| salt****                       | 1.1 g            |       | 0.83 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%   |
| Biotin                         | 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                        | 200 mg           | 25%   | 440 mg      | 55%   |
| Phosphor                       | 260 mg           | 37%   | 404 mg      | 58%   |
| iron                           | 10 mg            | 71%   | 4.0 mg      | 29%   |
| Magnesium                      | 160 mg           | 43%   | 96 mg       | 26%   |
| zinc                           | 5.5 mg           | 55%   | 2.2 mg      | 22%   |
| Iodine                         | 40 µg            | 27%   | 16 µg       | 11%   |
| selenium                       | 50 µg            | 91%   | 20 µg       | 36%   |
| copper                         | 0.9 mg           | 90%   | 0.36 mg     | 36%   |
| chromium                       | 100 µg           | 250%  | 40 µg       | 100%  |
| potassium                      | 720 mg           | 36%   | 735 mg      | 37%   |

\* nutrient reference values

\*\*1 Portion = 40 g + 300 ml skim milk (0.1% Fett/graisse/fat). 100 ml of the preparation contains 345 kJ (82 kcal).

\*\*\*calculated with factor 2.5. Sodium content of 440 mg/100 g (330 mg/Portion)

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

Carefully produced in Switzerland by Sponser

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