

PRO POWER & MUSCLE

# PREMIUM WHEY HYDRO

ADVANCED FORMULA FOR MUSCLE GROWTH

VANILLA

## QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



## PRODUCT DESCRIPTION

SPONSER® - PREMIUM WHEY HYDRO provides a high quality protein matrix based on protein hydrolysates to help build and maintain the muscle mass. Hydrolysates are typically enzymatically “pre-digested” or pre-cleaved proteins and offer an absorption advantage compared to intact proteins. Using only Whey Protein from Cross Flow Microfiltration (CFM) guarantees a natural protein quality.

Additionally complemented with the quality raw materials PepForm® BCAA and WHEY CFM NITRO® for increased peptide bound BCAA content per g of pure protein. WHEY CFM NITRO is a patented raw material with bioactive peptides from whey protein to activate NO (Nitric oxid) metabolism and improve oxygen utilization.

HMB (beta-hydroxy-beta-methylbutyrate) is an organic acid that occurs naturally in the human body and is synthesized from the essential amino acid L-leucine. Power athletes, bodybuilders and intensively training athletes use HMB in high-intensity phases.

PREMIUM WHEY HYDRO is lactose-free, virtually fat and carbohydrate-free and thus provides high-quality training support for power and endurance athletes.

## ADVANTAGES

- **High quality protein matrix with maximum functionality**
- **Rich in BCAA 6000 mg / serving (30 g)**
- **Enriched with WHEY CFM NITRO for NO metabolism**
- **Additionally enriched with HMB**
- **With vitamins, magnesium and zinc**

## APPLICATION

In high-intensity phases, depending on the protein needs, about 30 minutes before or within 30 minutes after training.

In addition to a varied and balanced diet as well as a healthy lifestyle.

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## INGREDIENTS

**Whey** protein isolate (Cross Flow Filtration, partially hydrolysed) 86% (Ireland), **Whey** protein hydrolysate\* (with 50% BCAA in peptide form) 4%, beta-hydroxy-beta-methylbutyrate calcium (HMB), flavours, vitamins (ascorbic acid, nicotinic acid amide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), vanilla extract and vanilla seeds 0.6%, mineral salts (magnesium carbonate, zinc lactate), thickener (guar gum, xanthan gum), emulsifier sunflower lecithin, lactase (enzyme), sweetener sucralose.

## PACKAGING AND FLAVOUR

Box of 850 g (28-34 servings)

Vanilla, Chocolate

## NUTRITION FACTS

| Nährwerte/valeurs nutritives/nutrition facts               | 100 g        |      | 1 Portion** |     |
|--|--------------|------|-------------|-----|
| Energie/energy kJ (kcal)                                   | 1550 (365)   |      | 450 (105)   |     |
| Fett/lipides/fat/grassi                                    | 1.9 g        |      | 0.6 g       |     |
| davon gesättigte Fettsäuren/of which saturated fatty acids | 0.7 g        |      | 0.2 g       |     |
| Kohlenhydrate/glucides/carbohydrates                       | 2.9 g        |      | 0.9 g       |     |
| davon Zuckerarten/of which sugars                          | 1.0 g        |      | 0.3 g       |     |
| Eiweiss/protéines/protein                                  | 84 g         |      | 25 g        |     |
| Salz/sel/salt  | 0.70 g       |      | 0.21 g      |     |
| <b>Vitamine/vitamin(e)s</b>                                | <b>%NRV*</b> |      |             |     |
| E  | 14 mg        | 117% | 4.2 mg      | 35% |
| C  | 92 mg        | 115% | 28 mg       | 35% |
| B1   | 1.3 mg       | 116% | 0.4 mg      | 35% |
| B2   | 1.6 mg       | 116% | 0.5 mg      | 35% |
| B6   | 1.6 mg       | 116% | 0.5 mg      | 35% |
| B12  | 2.9 µg       | 115% | 0.9 µg      | 35% |
| Niacin(e)  | 18 mg        | 113% | 5.5 mg      | 35% |
| Folsäure/folic acid  | 230 µg       | 116% | 69 µg       | 35% |
| Biotin(e)  | 58 µg        | 116% | 17 µg       | 34% |
| Pantothensäure/pantothenic acid                            | 6.9 mg       | 116% | 2.1 mg      | 35% |
| <b>Mineralstoffe/sels minéraux/minerals</b>                | <b>%NRV*</b> |      |             |     |
| Calcium  | 440 mg       | 55%  | 132 mg      | 17% |
| Magnesium/magnésium  | 315 mg       | 84%  | 95 mg       | 25% |
| Phosphor(e)/phosphorus                                     | 160 mg       | 23%  | 48 mg       | 7%  |
| Kalium/potassium   | 500 mg       | 25%  | 150 mg      | 8%  |
| Zink/zinc  | 8.4 mg       | 84%  | 2.5 mg      | 25% |

\*Nährstoffbezugswerte/valeurs nutritionnelles de référence/nutrient reference values

\*\* 1 serving =30 g + 200 ml of water. 100 ml of finished preparation contains 225 kJ (53 kcal)

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| Aminosäuren/amino acids<br>(per 100 g Reinprotein/pure protein) |                        |        |
|---|------------------------|--------|
| Essential   | Histidin               | 1.7 g  |
|   | Isoleucin              | 6.8 g  |
|   | Leucin                 | 11.3 g |
|   | Lysin                  | 9.3 g  |
|   | Methionin + Cystein    | 4.5 g  |
|   | Phenylalanin + Tyrosin | 5.1 g  |
|   | Threonin               | 6.7 g  |
|   | Tryptophan             | 2.0 g  |
|   | Valin                  | 5.9 g  |
| Non-essential   | Alanin                 | 5.0 g  |
|   | Arginin                | 1.9 g  |
|   | Asparaginsäure         | 10.8 g |
|   | Glutaminsäure          | 17.9 g |
|   | Glycin                 | 1.6 g  |
|   | Prolin                 | 6.0 g  |
|   | Serin                  | 4.6 g  |

Biologische Wertigkeit/biological value (nach Oser): 165 (Vollei/whole egg = 155)

**100 g (30 g) enthalten/contain:** BCAA (leucine, isoleucine, valine) 20 g (6.0 g), HMB 3.3 g (1 g)

Protein powder from whey protein isolate (CFM & partially hydrogenated) and peptides, supplemented with HMB, lactase, vitamins and minerals. With vanilla flavour and sweetener. Lactose free.

Carefully developed and produced in Switzerland.

Sponser Sport Food AG  
CH-8832 Wollerau  
www.sponser.ch

Sponser Europe GmbH  
D-88131 Lindau  
www.sponser.de