

ENERGY & ENDURANCE

RECOVERY SHAKE

+ WHEY +LEUCIN +GLUTAMIN

BANANA

PREPARE BEFORE DURING AFTER

QUICK INFO

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



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

Milk proteins 17% (microgranulated **whey** protein concentrate, **whey** protein isolate, **casein**), **skim milk** powder, sucrose, fructose, **whey** powder, dextrose, maltodextrine, L-leucine 3%, L-glutamine 3%, banana powder 2.5%, thickeners (guar gum, xanthane, sodium alginate), flavours, 9 minerals (sodium citrate, magnesium carbonate, ferric fumarate, zinc-, copper- and manganese-gluconate, potassium iodate, chromium yeast, sodium selenate), emulsifier

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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)	1590 (375)		1060 (250)	
fat	0.6 g		0.5 g	
of which saturated fatty acids	0.3 g		0.1 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****	1.05 g		0.8 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	200 mg	25%	440 mg	55%
Phosphore	200 mg	29%	380 mg	54%
Iron	6.5 mg	46%	2.6 mg	19%
Magnesium	120 mg	32%	80 mg	21%
Zinc	5.0 mg	50%	2.0 mg	20%
Iodine	25 µg	17%	10 µg	7%
Selenium	20 µg	36%	8.0 µg	15%
Copper	0.6 mg	60%	0.24 mg	24%
Chromium	75 µg	188%	30 µg	75%
Potassium	400 mg	20%	610 mg	31%

* nutrient reference values

**1 Portion = 40 g + 300 ml skim milk (0.1% fat). 100 ml of the preparation contains 353 kJ (83 kcal).

***calculated with factor 2.5. sodium content of 420 mg/100 g (320 mg/Portion)

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

**CARBOHYDRATE-PROTEIN POWDER FOR REGENERATION AND RECONSTITUTION.
WITH VITAMINS AND MINERALS, BANANA FLAVOURED.**

Carefully produced in Switzerland by Sponser

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