

## POWER & MUSCLE

# MULTI PROTEIN

CROSS FLOW FILTRATION

VANILLA

PREPARE BEFORE DURING AFTER

### QUICK INFO

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



### PRODUCT DESCRIPTION

The proteins support growth in muscle mass and its maintenance. Multi Protein is a multi component protein based on high quality milk and whey protein from cross flow microfiltration as well as on egg white. The physical preparation process by means of ultra and micro filtration guarantee the natural quality of the protein and provide a high biological value. The specific combination of protein sources supply an optimal amino acid profile. Enriched with the free amino acid L-leucine.

### ADVANTAGES

- **Support the protein synthesis (muscle growth)**
- **Minimises the muscle mass reduction after an effort and promotes the new muscle growth**
- **Amino acid pattern with high content of essential amino acid, including BCAA**
- **Delicious shake with 10 vitamins, calcium, magnesium and potassium**

### UTILISATION

Ideally, spread the intake over the day or after exercising. Mix approximately 2 measuring spoons (20 g) + 250 ml milk in the shaker/mixer. For a preparation with water, increase the quantity of powder.

As part of a varied and balanced diet and a healthy lifestyle.

### INGREDIENTS

Protein powders 94% (**milk** protein from cross-flow ultrafiltration, **whey** protein from cross-flow microfiltration, **egg** albumin), flavours, L-leucine 1%, magnesium carbonate, thickeners (guar gum, xanthan), sweeteners (acesulfam K, neotame), vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), antioxidant ascorbic acid.

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## FLAVOURS/PACKAGING

Banana, Strawberry, Vanilla, Chocolate

425 g can (21 servings)

Banana, Strawberry, Vanilla, Cappuccino, Chocolate  
Chocolate

850 g can (42 servings)  
20 x 20 g

## NUTRITION FACTS

Nährwerte/nutrition facts	100 g	1 Portion**		
Energie/energy kJ (kcal)	1490 (350)	445 (105)		
Fett/lipides/fat	0.9 g	0.3 g		
davon gesättigte Fettsäuren/of which saturated fatty acids	0.5 g	0.2 g		
Kohlenhydrate/glucides/carbohydrates	4.7 g	1.4 g		
davon Zuckerarten/of which sugars	2.5 g	0.8 g		
Eiweiss/protéines/protein	80 g	24 g		
Salz/sel/salt	1.28 g	0.38 g		
<b>Vitamine/vitamins</b>	<b>%NRV*</b>	<b>%NRV*</b>		
E	12 mg	100%	3.6 mg	30%
C	80 mg	100%	24 mg	30%
B1	1.1 mg	100%	0.3 mg	30%
B2	1.4 mg	100%	0.4 mg	30%
B6	1.4 mg	100%	0.4 mg	30%
B12	2.5 µg	100%	0.7 µg	30%
Niacin(e)	16 mg	100%	4.8 mg	30%
Folsäure/folic acid	200 µg	100%	60 µg	30%
Biotin(e)	50 µg	100%	15 µg	30%
Pantothensäure/pantothenic acid	6.0 mg	100%	1.8 mg	30%
<b>Mineralstoffe/minerals</b>	<b>%NRV*</b>	<b>%NRV*</b>		
Calcium	1100 mg	138%	330 mg	41%
Magnesium	250 mg	67%	75 mg	20%
Phosphor(us)	600 mg	86%	180 mg	26%

\*Nährstoffbezugswerte/nutrient reference values

\*\*1 Portion = 30 g + 200 ml Wasser

100 ml fertige Zubereitung enthalten 223 kJ (70 kcal)

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Amino acids per 100 g of pure protein		
essential	histidine	2.5 g
	isoleucine	5.6 g
	leucine	11.6 g
	lysine	8.6 g
	methionine + Cysteine	4.8 g
	phenylalanine + Tyrosine	9.2 g
	threonine	5.0 g
	tryptophane	1.7 g
	valine	6.3 g
non-essential	alanine	4.2 g
	arginine	3.7 g
	aspartic acid	9.6 g
	glutamic acid	19.8 g
	glycine	2.0 g
	proline	7.8 g
	serine	5.3 g

Biological value (after Oser): 165 (whole egg 155)

Total BCAA (leucine, isoleucine, valine): 235 mg/g of pure protein

Multi protein powder with leucine, vitamins and sweeteners, vanilla flavoured.

Carefully produced in Switzerland by Sponser

Sponser Sport Food AG  
 CH-8832 Wollerau  
[www.sponser.ch](http://www.sponser.ch)

Sponser Europe GmbH  
 D-88131 Lindau  
[www.sponser.de](http://www.sponser.de)