

ENERGY & ENDURANCE

RECOVERY DRINK

STRAWBERRY-BANANA

PREPARE BEFORE DURING AFTER

QUICK INFO

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



PRODUCT DESCRIPTION

SPONSER Recovery Drink is a fruity carbohydrate-protein drink free of lactose for a normal restoration (recovery) after physical exercises. Contains short and long chain carbohydrates for energy supply.

- Based on casein and whey protein hydrolysate.
- Whey protein isolate from cross flow microfiltration provides concentrated, natural proteins with high quality co factors (25% BCAA).
- Enriched with the free amino acids leucine (1.85 g/100 g) and glutamine (2.2 g/100 g).
- Enriched with the soluble dietary fibres inuline.

ADVANTAGES

- **Wide spectrum of effects: energy, construction and preservation**
- **Preparation with water**
- **Complete vitamins spectrum**
- **Without artificial sweeteners**

UTILISATION

To be taken within 1 h after the effort and in between, or up to 1 h before training to support the muscle constitution. 1-2 servings daily.

INGREDIENTS

Fruit powders 17% (maltodextrine, strawberry, banana), glucose, sucrose, fructose, **whey** protein isolate 10%, maltodextrine, inulin 7% (soluble fibre), protein hydrolysates 6% (**casein, whey**), minerals (magnesium, calcium and zinc lactate, sodium citrate, ferrous fumarate, zinc, copper and manganese gluconate, potassium iodate, chromium-containing nutritional yeast, sodium selenate), emulsifier sunflower lecithin, L-glutamine 2%, L-leucine 2%, colouring beetroot juice, acidulant citric acid, flavours, thickeners (guar seed flour, xanthane), vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin).

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FLAVOUR/PACKAGING

Strawberry-Banana Box 6 x 60 g
 Display 20 x 60 g
 1200 g can (20 portions)

NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g	60 g (300 ml)
Energie/energy kJ (kcal)	1525 (360)	920 (218)
Fett/lipides/fat	2.2 g	1.2 g
davon gesättigte Fettsäuren/of which saturated fatty acids	0.5 g	0.3 g
Kohlenhydrate/glucides/carbohydrates	63 g	38 g
davon Zuckerarten/of which sugars	48 g	29 g
Ballaststoffe/fibres alimentaires/fibres	6.5 g	3.9 g
Eiweiss/protéines/protein	17 g	10 g
Salz/sel/salt	0.80 g	0.48 g
Vitamine/vitamin(e)s	%NRV*	%NRV*
A	602 µg 75%	360 µg 45%
D	4.3 µg 85%	2.5 µg 50%
E	8.5 mg 71%	5.1 mg 43%
C	38 mg 48%	23 mg 29%
B1	0.9 mg 83%	0.5 mg 50%
B2	1.3 mg 95%	0.7 mg 50%
Niacin(e)	15 mg 94%	8.0 mg 50%
B6	1.3 mg 90%	0.7 mg 50%
Folsäure/folic acid	171 µg 86%	100 µg 50%
B12	1.2 µg 48%	0.7 µg 29%
Biotin(e)	13 µg 26%	7.6 µg 15%
Pantothensäure/pantothenic acid	2.5 mg 42%	1.5 mg 25%
Mineralstoffe/sels minéraux/minerals	%NRV*	%NRV*
Natrium/sodium	320 mg --	192 mg --
Calcium	270 mg 34%	162 mg 20%
Magnesium/magnésium	100 mg 27%	60 mg 16%
Eisen/fer/iron	8.3 mg 59%	5.0 mg 36%
Zink/zinc	8.3 mg 83%	5.0 mg 50%
Kupfer/cuivre/copper	0.5 mg 50%	0.3 mg 30%
Mangan/manganèse	0.5 mg 25%	0.3 mg 15%
Selen/sélénium	25 µg 45%	15 µg 27%
Chrom(e)/chromium	33 µg 83%	20 µg 50%
Iod(e)/iode	50 µg 33%	30 µg 20%
Aminosäuren/acides aminés/amino acids		
L-Glutamin(e)	2200 mg	1325 mg
BCAA (L-Leucin, L-Isoleucin, L-Valin)	4850 mg	2910 mg

100 ml of the preparation (60 g + 300 ml water) contains 310 kJ (73 kcal).

Carbohydrate-protein powder based on fruit powder and whey protein isolat. With glutamine, leucine, inulin, vitamins and minerals. Strawberry-banana flavoured.

Carefully produced in Switzerland by
 Sponser Sport Food AG
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Sponser Europe GmbH
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