

## FIGURE & SHAPE

# LOW CARB PROTEIN SHAKE

+ L-CARNITINE + CHOLINE

RASPBERRY

### QUICK INFO

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



Carnipure™ guarantees purest carnitine quality



### PRODUCT DESCRIPTION

SPONSER® PROTEIN SHAKE - Delicious milkshake with a high biological value thanks to milk and egg proteins. Protein supports the growth as well as the maintenance of muscle mass and is particularly important within the framework of a reduced calorie nutrition plan. This low carbohydrate Protein Shake can be integrated in a healthy nutrition plan with high quality proteins and a defined proportion of complex carbohydrates (low carb). It is suitable as part of a meal in combination with fruit, vegetables and salads.

Enriched with L-carnitine in CarniPure® quality and choline.

### ADVANTAGES

- **With 300 mg L-carnitine per portion**
- **1 portion (25 g powder + 300 ml of low fat or skimmed milk) covers about ¼ of the daily needs in 10 selected vitamins**
- **Enriched with precious food fibres**
- **Enriched with choline**
- **Easy preparation with a shaker**

### UTILISATION

2-3 times a day, take 1 shake together with salad, vegetables or fruits as wished. In addition sugar free drinks like tee or water.

Take approx. 2 scoops (25 g) + 250-300 ml of milk (= approx. 25 g of protein) in a shaker/mixer. If preparing with water, increase amount of powder.

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

### INGREDIENTS

Protein powders 82% (**milk** and **whey** protein isolates from cross-flow filtration, **whey** protein concentrate, **egg** albumin), fibres 9% (fructo-oligosaccharides, inulin, acacia, guar), L-carnitine tartrate, acidulants (citric acid, malic acid), flavours, magnesium carbonate, choline bitartrate, vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), colouring beetroot juice, sweetener sucralose, antioxidant ascorbic acid.

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PAGE 2

## FLAVOURS/PACKAGING

Raspberry, Vanilla, Chocolate

550 g can (22 servings)

## NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g	1 Portion**	
Energie/energy kJ (kcal)	1432 (338)	708 (167)	
Fett/lipides/fat	0.7 g	0.4 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	0.4 g	0.4 g	
Kohlenhydrate/glucides/carbohydrates	5.3 g	13 g	
davon Zuckerarten/of which sugars	2.9 g	12 g	
Ballaststoffe/fibres alimentaires/fibres	8.3 g	2.1 g	
Eiweiss/protéines/protein	71 g	26 g	
Salz/sel/salt	0.53 g	0.38 g	
<b>Vitamine/vitamin(e)s</b>		<b>%NRV*</b>	<b>%NRV*</b>
E	12 mg	100%	3.0 mg 25%
C	80 mg	100%	20 mg 25%
B1	1.1 mg	100%	0.3 mg 27%
B2	1.4 mg	100%	0.8 mg 57%
B6	1.5 mg	107%	0.5 mg 36%
B12	3.0 µg	120%	1.0 µg 40%
Niacin(e)	16 mg	100%	4.3 mg 27%
Folsäure/acide folique/folic acid	200 µg	100%	50 µg 25%
Biotin(e)	50 µg	100%	13 µg 26%
Pantothensäure/acide pantothénique/pantothenic acid	6.0 mg	100%	2.2 mg 37%
<b>Mineralstoffe/sels minéraux/minerals**</b>		<b>%NRV*</b>	<b>%NRV*</b>
Calcium	1400 mg	175%	675 mg 84%
Magnesium/magnésium	330 mg	88%	108 mg 29%
Kalium/potassium	320 mg	16%	455 mg 23%
Phosphor(e)/phosphorus	800 mg	114%	438 mg 62%

\*NRV, nutrient reference values

\*\*1 Portion = 25 g + 250 ml Magermilch/lait écrémé/skim milk (0.1% Fett/graisse/fat). 100 ml fertige Zubereitung enthalten 282 kJ (66 kcal).

**Per 100 g (25 g):** L-Carnitin(e) 1200 mg (300 mg), Cholin(e) 330 mg (82 mg)

Multi protein powder with L-carnitine, choline, fibres, vitamins and minerals. Raspberry flavoured, with sweeteners.

Carefully developed and produced in Switzerland  
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