

PRO POWER & MUSCLE

MASS GAINER

SLOW AND FAST CARBS AND PROTEINS + CREATINE + L-LEUCINE

CHOCOLATE

PREPARE BEFORE DURING AFTER

QUICK INFO

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

ALL IN 1



PRODUCT DESCRIPTION

Proteins support a growth of the muscle mass and its maintenance. Mass Gainer contains a carbohydrate-protein mix combined with micronutrients. The carbohydrate mix contains 5 different carbohydrate sources and delivers the corresponding staggered energy. The high quality protein content is based on a mix of whey protein isolate from cross flow filtration, but also on natural caseine, and on hydrolysate of both sources.

Creatine increases physical performance in short-term, high intensity exercise. Mass Gainer delivers 3000 mg of creatine per daily ration.

Also enriched with the free amino acids L-leucine and L-glutamine as well as with medium chain fatty acids (MCT) for extra energy.

ADVANTAGES

- **High quality support for trainings with all-in-one character, for ambitious athletes**
- **High quality protein sources from cross-flow microfiltration and ultrafiltration**
- **No artificial sweeteners**
- **Only 0.2 g lactose per portion**

UTILISATION

For support of muscle mass build-up up to 30 min before and after training. 2 shakes daily. Preparation: 4 level scoops (60 g) + approx. 200 ml cold water in a shaker.

As part of a varied and balanced diet and a healthy lifestyle. Not suitable for growing adolescents. Not intended for long-term use. Weight gain may occur.

INGREDIENTS

Protein powders (ultrafiltrated **milk** and **whey** protein isolates 16%, ultrafiltrated **casein** 3%, **whey** protein and **casein** hydrolysates 3%), starch hydrolysates (waxy maize, rice), maltodextrin, sucrose, fructose, defatted cocoa powder 9%, dextrose, medium-chain fatty acids from coconut oil, creatine monohydrate, **oat** bran high in betaglucans 2%, flavours, 3 minerals (sodium citrate, magnesium lactate, chromium containing nutritional yeast), caramel powder, L-leucine 0.6%, L-glutamine 0.6%, emulsifier sunflower lecithin, vitamins (ascorbic acid, alpha-tocopheryl acetate,

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nicotinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin).

FLAVOURS/PACKAGING

Vanilla, Chocolate 1200 g can (20 port.)
Vanilla 2000 g can (33 port.)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER	1 PORTION (60 G)		
energy kJ (kcal)	1640 (388)	985 (233)		
fat	4.3 g	2.6 g		
of which saturated fatty acids	3.1 g	1.9 g		
of which medium-chain triglycerides	1.8 g	1.1 g		
carbohydrates	59 g	35 g		
davon/dont/of which				
- Saccharose/sucrose	13 g	7.7 g		
- Glucose	5.5 g	3.3 g		
- Fructose	9.0 g	5.4 g		
- Lactose	0.5 g	0.3 g		
fibres	2.5 g	1.5 g		
of which beta-glucans	1.5 g	0.9 g		
protein	27 g	16 g		
salt	0.63 g	0.38 g		
VITAMINS				
		%NRV*		
E	4.0 mg	33%	2.4 mg	20%
C	27 mg	34%	16 mg	20%
B1	0.3 mg	27%	0.2 mg	18%
B2	0.5 mg	36%	0.3 mg	21%
niacine	5.3 mg	33%	3.2 mg	20%
B6	0.5 mg	36%	0.3 mg	21%
folic acid	67 µg	34%	40 µg	20%
B12	0.8 µg	32%	0.5 µg	20%
biotine	17 µg	34%	10 µg	20%
pantothenic acid	2.0 mg	33%	1.2 mg	20%
MINERALS				
		%NRV		%NRV*
calcium	300 mg	38%	180 mg	23%
magnesium	120 mg	32%	72 mg	19%
phosphorus	280 mg	40%	168 mg	24%
chromium	20 µg	50%	12 µg	30%
creatine			2.5 g	1.5 g

* NRV = nutrient reference values

100 ml of the preparation contains 492 kJ (116 kcal).

Salt from natural source. No additional salt added. Calculated with factor 2.5 (sodium content 0.252 g/100 g)

PRO

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amino acids (per 100 g /pure protein)		
essentiel	Histidin	0.5 g
	Isoleucin	1.3 g
	Leucin	2.9 g
	Lysin	1.9 g
	Methionin + Cystin	0.9 g
	Phenylalanin + Tyrosin	1.9 g
	Threonin	1.2 g
	Tryptophan	0.4 g
	Valin	1.4 g
non-essentiel	Alanin	0.9 g
	Arginin	0.8 g
	Asparaginsäure	2.0 g
	Glutaminsäure	5.2 g
	Glycin	0.8 g
	Prolin	0.5 g
	Serin	1.9 g

Carbohydrate-protein powder for body-building and regeneration with vitamins and minerals. Chocolate flavoured. Low in lactose.

Carefully produced in Switzerland by

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Sponser Europe GmbH
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