

PRO ENERGY & ENDURANCE

PRO RECOVERY

50% PROTEIN 40% CARBOHYDRATES + COLOSTRUM + AMINO ACIDS

VANILLA

PREPARE BEFORE DURING AFTER

QUICK INFO

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



PRODUCT DESCRIPTION

PRO RECOVERY is a carbohydrate-protein preparation for endurance and power athletes. The unique combination of the protein components whey, egg and casein in the ratio 1:1:1 as well as colostrum constitute an optimal protein mix for growth and maintenance of muscle mass. Enriched with the amino acids L-leucine and L-glutamine. Pro Recovery is also enriched with vitamins of the B group and L-carnitine. B-vitamins like for instance B2 serves the muscle function as well as the energy-yielding metabolism.

ADVANTAGES

- **High quality protein sources- fast and slowly available, among others colostrum**
- **Poor in lactose, contains only 0.4 g lactose per portion**
- **No artificial sweeteners**
- **Convenient preparation with water**

UTILISATION

Preferably 1 Shake before and after physical activity.

As part of a varied and balanced diet and a healthy lifestyle. Contains approx. 0.4 g lactose per portion (prepared with water)

INGREDIENTS

Protein powders 54% (protein isolates from cross-flow filtration [**whey, milk**], micellar **casein, egg** albumin, protein hydrolysates [**casein, whey**], bovine **colostrum** 3.5%), sucrose, fructose, starch hydrolysates 7% (**barley** [free from gluten], rice), amino acids 4% (L-leucine, L-glutamine), flavours, minerals (sodium citrate, magnesium lactate), vanilla extract 1%, caramel powder, vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin).

RECOMMENDATION

Take 1 shake preferably before and after physical activity. Recommendations concerning daily protein needs under www.sponser.ch/calculators.

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

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PREPARATION

3 scoops (approx. 40 g) + approx. 150 ml of water in a shaker/mixer. Shake may be energetically enhanced by adding maltodextrin and/or fruits.

FLAVOURS/PACKAGING

50/36 Vanilla	900 g can (22 servings)
44/44 Mango	800 g can (18 servings)
44/44 Chocolate	800 g can (16-23 servings)

NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		1 Portion**	
Energie/energy kJ (kcal)	1572 (370)		630 (150)	
Fett/lipides/fat	0.6 g		0.2 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	0.3 g		0.1 g	
Kohlenhydrate/glucides/carbohydrates	40 g		16 g	
davon Zuckerarten/of which sugars	28 g		11 g	
Ballaststoffe/fibres alimentaires/fibres	0.7 g		0.3 g	
Eiweiss/protéines/protein	50 g		20 g	
Salz/sel/salt	1.13 g		0.45 g	
Vitamine/vitamin(e)s		%NRV*		%NRV*
E	6.0 mg	50%	2.4 mg	20%
C	40 mg	50%	16 mg	20%
B1	0.6 mg	50%	0.2 mg	20%
B2	0.7 mg	50%	0.3 mg	20%
Niacin(e)	8.0 mg	50%	3.2 mg	20%
B6	0.7 mg	50%	0.3 mg	20%
Folsäure/folic acid	100 µg	50%	40 µg	20%
B12	1.2 µg	50%	0.5 µg	20%
Biotin(e)	25 µg	50%	10 µg	20%
Pantothensäure/pantothenic acid	3.0 mg	50%	1.2 mg	20%
Mineralstoffe/sels minéraux/minerals		%NRV*		%NRV*
Natrium/sodium	450 mg	--	180 mg	--
Calcium	550 mg	69%	220 mg	28%
Phosphor(e)/phosphorus	360 mg	51%	144 mg	21%
Magnesium/magnésium	56 mg	15%	22 mg	6%

*NRV, nutrient reference values

**1 Portion = 40 g + 150 ml Wasser/eau/water. 100 ml fertige Zubereitung enthalten 420 kJ (100 kcal).

Total BCAA (Leucin, Isoleucin, Valin): 210 mg/g Reinprotein/protéine pure/pure protein

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Amino acids per 100 g pure protein		
essential	histidine	2.2 g
	isoleucine	5.3 g
	leucine	13 g
	lysine	7.4 g
	methionine + cysteine	4.6 g
	phenylalanine + tyrosine	8.2 g
	threonine	5.1 g
	tryptophan	1.5 g
	valine	6.2 g
	non-essential	alanine
arginine		3.6 g
aspartic acid		9.2 g
glutamic acid incl. glutamine		21 g
glycine		2.2 g
proline		6.6 g
serine		5.4 g

Biological value of 155 (whole egg = 155)

Total BCAA (valine, leucine, isoleucine) = 245 mg/g pure protein

Multi-protein powder, complemented with sugar types, amino acids, vitamins and minerals.
Vanilla flavoured.

Carefully produced in Switzerland by

Sponser Sport Food AG
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www.sponser.ch

Sponser Europe GmbH
D-88131 Lindau
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