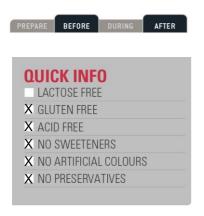


PRO ENERGY & ENDURANCE

PRO RECOVERY

50% PROTEIN 40% CARBOHYDRATES + COLOSTRUM + AMINO ACIDS

VANILLA





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], micellular 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

	100 g		1 Portion**
1572 (370) 630 (1		630 (150)	
0.6 g		0.2 g	
0.3 g		0.1 g	
	40 g		16 g
28 g		11 g	
	0.7 g		0.3 g
	50 g		20 g
	1.13 g		0.45 g
	%NRV*		%NRV*
6.0 mg	50%	2.4 mg	20%
40 mg	50%	16 mg	20%
0.6 mg	50%	0.2 mg	20%
0.7 mg	50%	0.3 mg	20%
8.0 mg	50%	3.2 mg	20%
0.7 mg	50%	0.3 mg	20%
100 µg	50%	40 µg	20%
1.2 µg	50%	0.5 µg	20%
25 µg	50%	10 µg	20%
3.0 mg	50%	1.2 mg	20%
	%NRV*		%NRV*
450 mg		180 mg	
550 mg	69%	220 mg	28%
360 mg	51%	144 mg	21%
56 mg	15%	22 mg	6%
	40 mg 0.6 mg 0.7 mg 8.0 mg 0.7 mg 100 μg 1.2 μg 25 μg 3.0 mg 450 mg 550 mg 360 mg	1572 (370) 0.6 g 0.3 g 40 g 28 g 0.7 g 50 g 1.13 g *NRV* 6.0 mg 50% 40 mg 50% 0.6 mg 50% 0.7 mg 50% 8.0 mg 50% 0.7 mg 50% 100 µg 50% 1.2 µg 50% 1.2 µg 50% 3.0 mg 50% 3.0 mg 50% *NRV* 450 mg 550 mg 69% 360 mg 51%	1572 (370) 0.6 g 0.3 g 40 g 28 g 0.7 g 50 g 1.13 g **NRV** 6.0 mg 50% 2.4 mg 40 mg 50% 16 mg 0.6 mg 50% 0.2 mg 0.7 mg 50% 0.3 mg 8.0 mg 50% 3.2 mg 0.7 mg 50% 0.3 mg 100 μg 50% 0.5 μg 25 μg 50% 10 μg 3.0 mg 50% 1.2 mg 40 μg 3.0 mg 50% 1.2 mg 70.5 μg 70.5

^{*}NRV, nutrient reference values

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

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



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Amiı	no acids per 100 g pure protein	
	histidine	2.2 g
	isoleucine	5.3 g
	leucine	13 g
essential	lysine	7.4 g
	methionine + cysteine	4.6 g
	phenylalanine + tyrosine	8.2 g
	threonine	5.1 g
	tryptophan	1.5 g
θ	valine	6.2 g
non-essential	alanine	4.2 g
	arginine	3.6 g
	aspargic 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 CH-8832 Wollerau www.sponser.ch Sponser Europe GmbH D-88131 Lindau www.sponser.de

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