

PRO ENERGY & ENDURANCE

# 44/44 PRO RECOVERY

44% PROTEIN 44% CARBOHYDRATES + COLOSTRUM + AMINO ACIDS

CHOCOLATE

PREPARE BEFORE DURING AFTER

## QUICK INFO

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



## PRODUCT DESCRIPTION

Protein serves growth in the muscle mass and its maintenance after hard trainings. 44/44 PRO RECOVERY is a high quality, naturally sweetened protein supplement with “all-in-one” character. The combination of CFM whey protein, quickly available potato- and egg protein hydrolysates and micellar casein take care of a quick as well as a slow amino acid stream into the blood.

The carbohydrates in form of barley and rice starch hydrolysates serve the regeneration of the glycogen storage.

44/44 PRO RECOVERY is especially suitable for junior athletes in game and team sports with a focus on muscle mass build up.

Enriched with colostrum, cows first milk, as well as L-leucine and L-glutamine.

## ADVANTAGES

- **High quality protein sources, among others colostrum**
- **Low in lactose**
- **No artificial sweeteners**
- **Convenient preparation with water**

## UTILISATION

Suitable for ambitious athletes. Preferably 1 shake before and 1 shake after physical activities.

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

## INGREDIENTS

Protein powders 46% (protein isolates from cross-flow filtration [**whey, milk**], micellar **casein, egg** albumine, protein hydrolysates [**casein, whey**], **bovine colostrum** 3.5%), sucrose, starch hydrolysates 11% (**barley** [free from gluten], rice), defatted cocoa 8%, fructose, amino acids 4% (L-leucine, L-glutamine), caramel powder, minerals (sodium citrate, magnesium lactate), flavours, emulsifier sunflower lecithin, vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin).

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## 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)	1610 (380)		804 (190)	
Fett/lipides/fat	2.0 g		1.0 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	1.1 g		0.6 g	
Kohlenhydrate/glucides/carbohydrates	44 g		22 g	
davon Zuckerarten/of which sugars	27 g		13 g	
Ballaststoffe/fibres alimentaires/fibres	3.0 g		1.5 g	
Eiweiss/protéines/protein	44 g		22 g	
Salz/sel/salt	1.20 g		0.60 g	
<b>Vitamine/vitamin(e)s</b>		<b>%NRV*</b>		<b>%NRV*</b>
E	6.0 mg	50%	3.0 mg	25%
C	40 mg	50%	20 mg	25%
B1	0.6 mg	50%	0.3 mg	25%
B2	0.7 mg	50%	0.4 mg	25%
Niacin(e)	8.0 mg	50%	4.0 mg	25%
B6	0.7 mg	50%	0.4 mg	25%
Folsäure/folic acid	100 µg	50%	50 µg	25%
B12	1.2 µg	50%	0.6 µg	25%
Biotin(e)	25 µg	50%	13 µg	25%
Pantothensäure/pantothenic acid	3.0 mg	50%	1.5 mg	25%
<b>Mineralstoffe/sels minéraux/minerals</b>		<b>%NRV*</b>		<b>%NRV*</b>
Natrium/sodium	480 mg	--	240 mg	--
Calcium	460 mg	58%	230 mg	29%
Phosphor(e)/phosphorus	380 mg	54%	190 mg	27%
Magnesium/magnésium	90 mg	24%	45 mg	12%
Kalium/potassium	490 mg	25%	245 mg	12%

\*NRV, nutrient reference values

\*\*1 Portion = 50 g + 150 ml Wasser/eau/water. 100 ml fertige Zubereitung enthalten 536 kJ (127 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	2.3 g
	isoleucine	5.5 g
	leucine	13.0 g
	lysine	8.3 g
	methionine and cysteine	4.2 g
	phenylalanine and tyrosine	7.8 g
	threonine	5.6 g
	tryptophan	1.8 g
	valine	6.0 g
non-essential	alanine	3.9 g
	arginine	2.8 g
	aspartic acid	9.0 g
	glutamic acid incl. glutamine	22.3 g
	glycine	1.7 g
	proline	7.9 g
	serine	4.9 g

Biological value of 160 (whole egg = 155)

Total BCAA (valine, leucine, isoleucine) = 210 mg/g pure protein

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