

ENERGY & ENDURANCE

# RECOVERY SHAKE

+ WHEY +LEUCIN +GLUTAMIN

CHOCOLATE

PREPARE BEFORE DURING AFTER

## QUICK INFO

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



## PRODUCT DESCRIPTION

SPONSER Recovery Shake is a combination of multi-chain carbohydrates, high quality proteins as well as vitamins and minerals for a normal recovery after sport activities. The short, medium and long chain carbohydrates with different glycemic index deliver energy for training and helps the glycogen replacement. The high protein content supports the muscle growth and maintenance.

- Natural microgranulated whey protein from cross-flow micro-filtration
- With leucine and glutamine
- Important vitamins, minerals and trace elements

## ADVANTAGES

- **Combines carbohydrate and protein sources**
- **Wide effect spectrum: energy, growth, maintenance**
- **Enriched with L-leucine (total 6 g BCAA) and L-glutamine (3 g per 100 g)**
- **Enriched with vitamins and minerals**

## UTILISATION

For optimal recovery, consume within 1 hr prior to and/or after activity. 1-2 shakes daily.

## PREPARATION

2 level scoops (approx. 40 g) + 300 ml cold milk in a shaker/mixer. For preparation with water add more powder.

## INGREDIENTS

Sucrose, fructose, **milk** proteins 14% (microgranulated **whey protein** concentrate, **whey protein** isolate, **casein**), defatted cocoa 9%, **skim milk** powder, **whey** powder, dextrose, L-leucine 3%, L-glutamine 3%, maltodextrine, flavours, thickeners (guar gum, xanthane, sodium alginate), 9 minerals (sodium citrate, magnesium carbonate, ferric fumarate, zinc-, copper- and manganese-gluconate, potassium iodate, chromium yeast, sodium selenate), 12

## ENERGY & ENDURANCE

# RECOVERY SHAKE

+ WHEY +LEUCIN +GLUTAMIN

## CHOCOLATE

PAGE 2

soy lecithin, 12 vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin).

## FLAVOURS/PACKAGING

Vanilla, Banana, Chocolate 900 g can (22 servings)

## NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1530 (360)		1045 (246)	
fat	0.9 g		0.7 g	
of which saturated fatty acids	0.5 g		0.2 g	
carbohydrates	67 g		42 g	
of which sugars	61 g		39 g	
fibres	3.8 g		1.5 g	
protein	21 g		18 g	
salt****	1.1 g		0.83 g	
<b>VITAMINS</b>		%NRV*		%NRV*
A	540 µg	67%	215 µg	27%
D	3.5 µg	70%	1.4 µg	28%
E	7.0 mg	58%	2.8 mg	23%
C	30 mg	38%	12 mg	15%
B1	0.8 mg	70%	0.3 mg	28%
B2	1.1 mg	80%	0.4 mg	32%
Niacin	12 mg	75%	4.8 mg	30%
B6	1.1 mg	75%	0.4 mg	30%
Folic acid	140 µg	70%	56 µg	28%
B12	1.0 µg	39%	0.5 µg	20%
Biotin	12 µg	24%	7.5 µg	15%
pantothenic acid	2.1 mg	35%	1.0 mg	17%
<b>MINERALS</b>	PER 100 G	%NRV*	1 SHAKE	%NRV*
Calcium	200 mg	25%	440 mg	55%
Phosphor	260 mg	37%	404 mg	58%
iron	10 mg	71%	4.0 mg	29%
Magnesium	160 mg	43%	96 mg	26%
zinc	5.5 mg	55%	2.2 mg	22%
Iodine	40 µg	27%	16 µg	11%
selenium	50 µg	91%	20 µg	36%
copper	0.9 mg	90%	0.36 mg	36%
chromium	100 µg	250%	40 µg	100%
potassium	720 mg	36%	735 mg	37%

\* nutrient reference values

\*\*1 Portion = 40 g + 300 ml skim milk (0.1% Fett/graisse/fat). 100 ml of the preparation contains 345 kJ (82 kcal).

\*\*\*calculated with factor 2.5. Sodium content of 440 mg/100 g (330 mg/Portion)

BCAA (Leucin, Isoleucin, Valin): 6000 mg/100 g

**CARBOHYDRATE-PROTEIN POWDER FOR REGENERATION AND RECONSTITUTION. WITH VITAMINS AND MINERALS, CHOCOLATE FLAVOURED.**

Carefully produced in Switzerland by Sponser

Sponser Sportnahrung AG  
CH-8832 Wollerau

Sponser Europe GmbH  
D-88131 Lindau