

**POWER & MUSCLE**

# MULTI PROTEIN

CROSS FLOW FILTRATION

CHOCOLATE

PREPARE BEFORE DURING AFTER

**QUICK INFO**

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



**PRODUCT DESCRIPTION**

The proteins support growth in muscle mass and its maintenance. SPONSER® MULTI PROTEIN is a multi component protein based on high quality milk and whey protein from cross flow microfiltration as well as on egg white. The physical preparation process by means of ultra and micro filtration guarantee the natural quality of the protein and provide a high biological value. The specific combination of protein sources supply an optimal amino acid profile.

Enriched with the free amino acid L-leucine.

**ADVANTAGES**

- **Support the protein synthesis (muscle growth)**
- **Minimises the muscle mass reduction after an effort and promotes the new muscle growth**
- **Amino acid pattern with high content of essential amino acid, including BCAA**
- **Delicious shake with 10 vitamins, calcium, magnesium and potassium**

**UTILISATION**

Ideally, spread the intake over the day or after exercising. Mix approximately 2 measuring spoons (20 g) + 250 ml milk in the shaker/mixer. For a preparation with water, increase the quantity of powder.

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

**INGREDIENTS**

Protein powders 69% (**milk-** and **whey** protein isolates from cross-flow ultrafiltration, **whey** protein concentrate from cross-flow microfiltration, **egg** albumin), defatted cocoa 13%, caramel powder, flavours, L-leucine 1%, magnesium carbonate, thickeners (guar gum, xanthan), sweeteners (acesulfame K, neotame), vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), antioxidant ascorbic acid.

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## FLAVOURS/PACKAGING

Banana, Strawberry, Vanilla, Chocolate	425 g can (21 servings)
Banana, Strawberry, Vanilla, Cappuccino, Chocolate	850 g can (42 servings)

## NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts/valori nutritivi		100 g	1 Portion**	
Energie/energy/energia kJ (kcal)		1482 (350)	414 (98)	
Fett/lipides/fat/grassi		3.5 g	1.1 g	
davon gesättigte Fettsäuren/of which saturated fatty acids		1.2 g	0.4 g	
Kohlenhydrate/glucides/carbohydrates/glucidi		6.0 g	1.8 g	
davon Zuckerarten/of which sugars		3.6 g	1.1 g	
Eiweiss/protéines/protein(e)		71 g	21 g	
Salz/sel/salt/sale		0.88 g	0.26 g	
<b>Vitamine/vitamin(e)s</b>		<b>%NRV*</b>	<b>%NRV*</b>	
E	12 mg	100%	3.6 mg	30%
C	80 mg	100%	24 mg	30%
B1	1.1 mg	100%	0.3 mg	30%
B2	1.4 mg	100%	0.4 mg	30%
B6	1.4 mg	100%	0.4 mg	30%
B12	2.5 µg	100%	0.7 µg	30%
Niacin(e)	16 mg	100%	4.8 mg	30%
Folsäure/folic acid	200 µg	100%	60 µg	30%
Biotin(e)	50 µg	100%	15 µg	30%
Pantothensäure/pantothenic acid	6.0 mg	100%	1.8 mg	30%
<b>Mineralstoffe/sels</b>		<b>%NRV*</b>	<b>%NRV*</b>	
<b>minéraux/minerals/sali minerali**</b>				
Calcium/calcio	1000 mg	125%	300 mg	38%
Magnesium/magnesio	350 mg	93%	105 mg	28%
Phosphor(e)/phosphorus/fosfore	700 mg	100%	210 mg	30%
Kalium/potassium	900 mg	45%	270 mg	14%

\*NRV, nutrient reference values

\*\*1 Portion = 30 g + 200 ml Wasser

\*nutrient reference values

100 ml fertige Zubereitung enthalten 207 kJ (49 kcal)

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<b>Aminosäuren/amino acids</b> (per 100 g Reinprotein/pure protein)		
<b>Essential</b>	Histidin	2.4 g
	Isoleucin	5.5 g
	Leucin	11.6 g
	Lysin	8.5 g
	Methionin + Cystein	4.6 g
	Phenylalanin + Tyrosin	9.1 g
	Threonin	4.9 g
	Tryptophan	1.6 g
	Valin	6.3 g
<b>Non-essential</b>	Alanin	4.3 g
	Arginin	3.7 g
	Asparaginsäure	9.5 g
	Glutaminsäure	19.9 g
	Glycin	2.1 g
	Prolin	7.5 g
	Serin	5.4 g

Biologische Wertigkeit/valeur biologique/biological value/valore biologico (nach Oser): 162 (Vollei/oeuf entier/whole egg/uovo intero = 155)

Total BCAA (Leucin, Isoleucin, Valin): 234 mg/g Reinprotein/protéine pure/pure protein

Multi protein powder with leucine, vitamins and sweeteners, chocolate flavoured.

Carefully produced in Switzerland by Sponser

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