

## HEALTH & VITALITY

# SENIOR PROTEIN

+ Leucin + HMB + Collagen

Chocolate

### QUICK INFO

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



### PRODUCT DESCRIPTION

SENIOR PROTEIN is a high-quality supplement with leucine, HMB and collagen to meet increased protein requirements, especially for seniors. Protein supports the build-up and maintenance of muscle mass.

With increasing age, muscle maintenance becomes more and more important from a health perspective, but is increasingly difficult to achieve. Not only physical activity is crucial, but also a protein-rich diet. A regular protein intake of at least 20-25 g per portion throughout the day is the most appropriate therapeutic approach. Studies confirm that both the quantity and the quality of the protein are important.

Whey protein is particularly suitable for this purpose because of its complete amino acid profile. Whey is rich in all essential amino acids and high in leucine compared to other protein sources.

Collagen forms the most important protein fraction in our body with 25-30% and is mainly found as a structural protein in connective tissues, bones and joints.

HMB (hydroxymethylbutyrate) is metabolised from the amino acid L-leucine. HMB is also often used in clinical protein preparations for additional support of muscle maintenance.

Additionally enriched with vitamin D. Supports the maintenance of normal muscle function and the immune system and contributes to the maintenance of normal bones.

### ADVANTAGES

- Rich in functional ingredients such as whey protein, collagen and HMB for the maintenance of powerful muscles
- Rich in calcium, vitamin B12 and vitamin D
- gluten-free, low in lactose

### INSTRUCTION

1 portion daily, preferably within 90 min after physical activity. Also suitable as a late meal or in the morning for protein supplementation.

In addition to a varied and balanced diet and a healthy lifestyle.

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### PREPARATION

To prepare one serving, mix 35 g powder in 200-250 ml water in a shaker or blender.

### INGREDIENTS

**Whey** protein isolate and hydrolysate 55%, collagen hydrolysate (bovine) 11.4%,  $\beta$ -hydroxy- $\beta$ -methylbutyrate calcium (HMB), defatted cocoa powder 8.6%, L-leucin 6.8%, medium-chain triglycerides from coconut oil, fructo-oligosaccharides, flavours, salt, vitamin D-containing nutrition yeast, sweetener sucralose.

### FLAVOUR

Chocolate, Orange-Yoghurt

### PACKAGING

Dose 455 g (13 Port.)

### NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		1 Portion**	
Energie/energy kJ (kcal)	1376 (326)		482 (114)	
Fett/lipides/fat	3.8 g		1.3 g	
davon gesättigte Fettsäuren/of which saturates	3.2 g		1.1 g	
Kohlenhydrate/glucides/carbohydrates	1.6 g		0.6 g	
davon Zuckerarten/of which sugars	0.2 g		0.1 g	
Nahrungsfasern/fibres alimentaires/fibres	6.5 g		2.3 g	
Eiweiss/protéines/protein	68 g		24 g	
Salz/sel/salt	0.44 g		0.15 g	
	%NRV*		%NRV*	
Calcium	1715 mg	214%*	600 mg	75%*
Phosphor	180 mg	26%*	63 mg	9%*
Vitamin D	30 $\mu$ g	600%*	10 $\mu$ g	200%*
Vitamin B12	2.5 $\mu$ g	100%*	0.9 $\mu$ g	35%*

\*NRV, nutrient reference values; \*\*1 portion = 35 g + 250 ml water.

**Per 100 g (35 g):** HMB ( $\beta$ -hydroxy- $\beta$ -methylbutyrate) 8.6 g (3.0 g)

100 ml prepared drink contain 193 kJ (40 kcal).

Aminosäuren/acides aminés/amino acids (per 100 g Reinprotein/pure protein)		
Essential	Histidin	1.5 g
	Isoleucin	5.7 g
	Leucin	19.6 g
	Lysin	7.7 g
	Methionin + Cystin	3.1 g
	Phenylalanin + Tyrosin	4.9 g
	Threonin	6.1 g
	Tryptophan	1.3 g
	Valin	5.3 g
No n-	Alanin	5.2 g
	Arginin	2.8 g

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Asparaginsäure	9.2 g
Glutaminsäure	16.6 g
Glycin	4.9 g
Prolin	6.3 g
Serin	3.8 g

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Protein powder preparation with whey protein and collagen, with HMB, L-leucine and vitamin D.  
Chocolate flavoured, with sweetener. Free from lactose and gluten

Carefully developed and produced in Switzerland.

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