

PRO ENERGY & ENDURANCE

# 44/44 PRO RECOVERY

44% PROTEIN 44% CARBOHYDRATES + COLOSTRUM + AMINO ACIDS

MANGO

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. SPONSER® 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. 1 to 2 shakes per day.

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

## PREPARATION

approx. 4 level scoops (45 g) + ca. 150 ml of water in a shaker.

## INGREDIENTS

Protein powders 50% (protein isolates from cross-flow filtration [**whey, milk**], micellar **casein, bovine colostrum** 3%, **whey** protein hydrolysate), sucrose, mango powder (with maltodextrin) 8%, starch hydrolysates 6% (barley [free from gluten], rice), amino acids 3% (L-leucine, L-glutamine), acidulants (citric and malic acid), 2 minerals (sodium citrate, magnesium lactate) flavours, emulsifier sunflower lecithin, colouring vegetables extract, 10 vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin). Only 0.3 g lactose per portion.

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PAGE 2

## 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 servings)

## NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 SHAKE = 45 G + 150 ML WATER	
energy kJ (kcal)	1600 (376)		786 (185)	
fat	1.1 g		0.7 g	
of which saturated fatty acids	0.6 g		0.3 g	
carbohydrates	44 g		22 g	
of which sugars	27 g		12 g	
fibres	2.0 g		1.5 g	
protein	44 g		22 g	
salt**	0.93 g		0.55 g	
<b>VITAMINS</b>		%NRV*		%NRV*
E	6.0 mg	50%	2.4 mg	20%
C	178 mg	223%	80 mg	100%
B1	0.6 mg	50%	0.2 mg	20%
B2	0.7 mg	50%	0.3 mg	20%
Niacin(e)	8.0 mg	50%	3.2 mg	20%
B6	0.7 mg	50%	0.3 mg	20%
Folsäure/acide folique/folic acid	100 µg	50%	40 µg	20%
B12	1.2 µg	50%	0.5 µg	20%
Biotin(e)	25 µg	50%	10 µg	20%
Pantothersäure/acide pantothenique/pantothenic acid	3.0 mg	50%	1.2 mg	20%
<b>MINERALS</b>		%NRV*		%NRV*
calcium	700 mg	88%	315 mg	39%
phosphore	440 mg	63%	198 mg	28%
magnesium	150 mg	40%	67 mg	18%

\* nutrient reference values

\*\*calculated with factor 2.5 sodium content 370 mg/100 g (168 mg/Shake)

100 ml of the preparation contains 487 kJ (115 kcal)

POWER

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PAGE 3

Amino acids per 100 g pure protein		
essential	histidine	2.3 g
	isoleucine	5.5 g
	leucine	13.6 g
	lysine	8.7 g
	methionine and cysteine	4.1 g
	phenylalanine and tyrosine	7.8 g
	threonine	5.7 g
	tryptophan	1.6 g
	valine	6.2 g
non-essential	alanine	4.1 g
	arginine	2.9 g
	aspartic acid	9.0 g
	glutamic acid incl. glutamine	23.5 g
	glycine	1.8 g
	proline	8.0 g
	serine	5.2 g

Biological value of 160 (whole egg = 155)

Total BCAA (valine, leucine, isoleucine) = 255 mg/g pure protein

Multi-protein powder derived from whey and milk, complemented with sugar types, amino acids, vitamins and minerals. Mango flavoured.

Carefully produced in Switzerland by

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www.sponser.ch

Sponser Europe GmbH  
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