

PRO POWER & MUSCLE

HMB & CREATINE SYNERGY

+ RIBOSE + HIGH IN CALCIUM

QUICK INFO

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

**PRODUCT DESCRIPTION**

Sponser® HMB & CREATINE SYNERGY is a dietary supplement for adult athletes. The combined supplementation with HMB and creatine is gaining more and more importance in elite sports with regards to performance enhancement, but also improved recovery [1, 2]. Creatine enhances the physical performance of explosive power performances during short-term, intensive physical strain.

HMB (β -hydroxy- β -methylbutyrate) is a metabolic product of the amino acid L-leucine. Generally, about 5% of dietary L-leucine is metabolized to HMB, which spares body leucine and reduces muscle breakdown (catabolism). In contrast to protein, HMB is not considered an anabolic nutrient.

The preservation of muscle mass plays a very important role, especially after sports-related injuries, during high-intensity training phases or after long periods of inactivity. As a result of bed rest / immobility, the muscles degrade or recovery time is too short. In this situation, HMB as a metabolite of L-leucine can contribute to the maintenance of muscle mass.

Creatine is regarded as a performance supplement and ergogenic in the energy metabolism during anaerobic-alactacid and high-speed disciplines (sprinting, swimming, rowing, throwing), in interval sports (e.g. football, tennis, martial arts) or in muscle and strength build-up. Besides its direct performance benefit on short-term, high-intensive speed and power, creatine also permits the muscles to be trained more effectively and thus an indirect performance increase can be achieved.

Ribose is a sugar type, which is also synthesized within the body. Ribose binds to various nucleic acids, which then play a role as energy-rich substances NADH, FADH and ATP in the energy metabolism (citrate cycle). Ribose therefore plays an important role in the interaction with creatine for ATP energy production.

Among other things, calcium contributes to the normal function of muscles and energy metabolism.

ADVANTAGES

- **Creatine improves performance during high-intensity, high-speed exercise**
- **HMB is an intermediate product of the leucine metabolism with anti-catabolic function**
- **Innovative product formula, based on 3 ingredients**
- **Certified quality and purity guarantee**

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UTILISATION

2 x 1 scoops daily. To be added to drinks, shakes or other food. Ideally divided into two servings, on training days before and after exercise.

In order to achieve a positive effect of creatine, a daily dose of 3 g is needed. This amount is included in the recommended daily dose (8 g).

Do not exceed the recommended daily intake. Not suitable for growing children and adolescents. Food supplements are no substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of small children.

INGREDIENTS

β-hydroxy-β-methylbutyrate calcium (HMB), creatine monohydrate, ribose 10%.

PACKAGING

Dose 320 g (40 daily rations)

NUTRITION FACTS

Per Tagesration/ration journalier/daily ration:		8 g (≈ 2 ML ^{**})
HMB		3.0 g
Kreatin/créatine/creatine		3.0 g
Calcium	65%*	520 mg

*NRV, nutrient reference values

**Messlöffel/mesurettes/scoops

LITERATURE

[1] Fernández-Landa et al, 2020: Long-Term Effect on Combination of Creatine Monohydrate Plus β-hydroxy-β-methylbutyrate (HMB) on Exercise-induced Muscle Damage and anabolic/catabolic Hormones in Elite Male Endurance Athletes. *Biomolecules* 2020,10,140

[2] Fernández-Landa et al, 2020: Effect of Ten Weeks of Creatine Monohydrate Plus HMB Supplementation on Athletic Performance Tests in Elite Male Endurance Athletes. *Nutrients* 2020.12.193.

Powder blend with HMB, creatine monohydrate and ribose. Dietary supplement for adult athletes, neutral taste.

Carefully developed and manufactured in Switzerland, primary ingredients EU and non-EU.

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