

PRO POWER & MUSCLE

BCAA INSTANT

LEUCIN- ISOLEUCINE- VALINE 3:1:1

COLA

REPAIR BEFORE DURING AFTER

QUICK INFO

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

**PRODUCT DESCRIPTION**

Protein supports the growth and maintenance of muscle mass. Free amino acids are faster available compared to intact proteins. The branched-chain amino acids, leucine, valine and isoleucine are considered essential and must be supplied with food. L-leucine is an important trigger substance in muscle protein synthesis and can stimulate it via the body's own signaling substances (mTOR1).

Sponser BCAA INSTANT offers the 3 free amino acids in the proportion 3:1:1 in instantized powder form.

Enriched with taurine and vitamins of the B complex. i.a. with vitamin B6, which supports the reduction of fatigue and exhaustion.

ADVANTAGES

- **Proportion 3:1:1 (Leucine, Isoleucine, Valine)**
- **Targeted supplementation of the 3 essential amino acids**
- **Very good solubility**
- **Vegan**

PREPARATION

Take 2 scoops (6 g) + 200 ml of water during each exercise.

In addition to a varied and balanced diet as well as a healthy lifestyle. Keep out of the reach of small children.

INGREDIENTS

Amino acids (L-leucine, L-isoleucine, L-valine), acidifier citric acid, caramel colour, taurine, flavouring, vitamins (ascorbic acid, nicotinic acid amide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), sweetener sucralose

PACKAGING

Jar of 150 g (25 servings)

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NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		1 Portion (6 g = 2 ML**)
Energie/energy kJ (kcal)	1417 (333)		85 (20)
Protein/protéines	67 g		4.0 g
Kohlenhydrate/glucides/ carbohydrates	9.5 g		0.6 g
davon Zuckerarten/of which sugars	0.7 g		< 0.1 g
Fett/lipides/fat	0 g		0 g
davon gesättigte Fettsäuren/of which saturated fatty acids	0 g		0 g
Salz/sel/salt	0 g		0 g
Vitamine/vitamins	100 g	%NRV*	1 Portion (6 g = 2 ML*)
E		40%	4.8 mg
C		40%	32 mg
B1		40%	0.4 mg
B2		40%	0.6 mg
B6		40%	0.6 mg
B12		40%	1 µg
Niacin(e)		40%	6.4 mg
Folsäure/folic acid		40%	80 µg
Biotin(e)		40%	20 µg
Pantothensäure/pantothenic acid		40%	2.4 mg

*Nährstoffbezugswerte/ valeurs nutritionnelles de référence/nutrient reference values

**ca. 2 gestrichene Messlöffel/2 mesurètes rases/2 level scoops

	100 g	1 Portion (6 g = 2 ML*)
L-Leucin(e)	40 g	2400 mg
L-Isoleucin(e)	13.3 g	800 mg
L-Valin(e)	13.3 g	800 mg
Taurin(e)	8.3 g	500 mg

Micronized and instantized L-leucine, L-valine et L-isoleucine, with taurine and vitamins. Powdered drink with cola flavour and sweetener (CH: supplementary food, D: dietary supplement).

Carefully developed and manufactured in Switzerland:

Sponser Sport Food AG
CH-8832 Wollerau
www.sponser.ch

Sponser Europe GmbH
D-88131 Lindau
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