

# Recovery Shake

+ whey + peptides + leucine + glutamine

## Product description

SPONSER Recovery Shake is a balanced combination of multiple-chain carbohydrates, high quality proteins as well as essential vitamins and minerals. The short, medium and long chain carbohydrates allow a gradual release of energy for hard training and promote the glycogen storage for regeneration. The protein value is further enhanced by the use of PEPTOPRO and other protein hydrolysates as well as with the enrichment of the free amino acids leucine and glutamine.

Recovery Shake increases the amino acids concentration in the blood as well as the cells receptiveness and thereby promotes the protein synthesis and a fast recovery of the strained musculature.

- Whey protein isolate from cross-flow micro-filtration with 25% of branched chain amino acids (BCAA) of pure protein and high-grade co-factors for growth and the immune system.
- Microgranulated whey protein allows a prolonged availability of high-grade whey proteins.
- Protein hydrolysate provides quickly available peptides which are rapidly absorbed by the body and are optimally metabolised.
- The free amino acids leucin and glutamine cover the increased needs of intensive physical activity.
- Important vitamins, minerals and trace elements.



## Advantages

- Combines high quality protein and carbohydrates sources of short and long availability
- Broad spectrum: protein synthesis, glycogen storage, immune system.
- Enhanced with PEPTOPRO and 3000 mg of the amino acids L-leucine and L-glutamine each per 100 g
- Enriched with vitamins and minerals



## Utilisation

For optimal recovery, consume within 1 hr prior to and/or after exertion. 1-2 shakes daily.

## Ingredients

Milk proteins, whey protein concentrate and isolate, sucrose, fructose, (cocoa powder: only in the chocolate flavour), skimmed milk powder, protein hydrolysates (casein, potatoe, egg), maltodextrin, L-leucine, L-glutamine, dextrose, thickening agents, flavours, minerals, soy lecithin, vitamins.



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## Flavours / packaging / nutrition facts

Vanilla, banana, chocolate. Container of 800 g.

<b>Nutrition facts (ex. banana)</b>	<b>per 100 g powder</b>		<b>1 shake = 40 g powder + 300 ml skimmed milk</b>	
energy kJ (kcal)	1590 (375)		1060 (250)	
proteins	22 g		18.4 g	
carbohydrates	70 g		43 g	
fat	0.6 g		0.5 g	
<b>vitamins</b>		<b>%ETD*</b>		<b>%ETD*</b>
A	462 µg	58%	185 µg	23%
D	3 µg	60%	1.2 µg	24%
E	6 mg	60%	2.4 mg	24%
C	27 mg	45%	10.8 mg	18%
B1	0.7 mg	47%	0.3 mg	19%
B2	1 mg	60%	0.4 mg	24%
niacin	10.8 mg	60%	4.3 mg	24%
B6	0.9 mg	45%	0.4 mg	18%
folic acid	120 µg	60%	48 µg	24%
B12	0.8 µg	84%	0.5 µg	49%
pantothenic acid	1.8 mg	30%	0.9 mg	15%
<b>minerals</b>		<b>%ETD*</b>		<b>%ETD*</b>
calcium	200 mg	25%	440 mg	55%
magnesium	120 mg	40%	80 mg	27%
phosphorus	200 mg	25%	380 mg	48%
iron	6.5 mg	46%	2.6 mg	19%
zinc	5 mg	33%	2.0 mg	13%
iodine	25 µg	17%	10 µg	7%
potassium	400 mg	--	610 mg	--
copper	0.6 mg	--	0.24 mg	--
chromium	75 µg	--	30 µg	--
selenium	20 µg	40%	10 µg	16%

\* recommended dietary allowance