

Glutaminpeptid

Full Amino Spectrum

Product description

SPONSER Glutamin Peptid is an enzyme-hydrolysed wheat protein composed of di- and tri-peptides with a very high content of glutamine peptide (365 mg/g pure protein). These peptides are absorbed faster and more efficiently than intact proteins or free amino acids.

L-glutamine is the most important anabolic amino acid reducing the destructive process of muscle substance after training and thus supporting muscle growth and the recovery phase.

SPONSER Glutamin Peptid is needed as much for power as for endurance sports although for different reasons; protein synthesis, glycogen storage, immune system, accelerated recovery.



Advantages

- Accelerates protein synthesis and at the same time protects against protein breakdown, i.e. its action is anabolic (constructive) as well as anti-catabolic (protecting against destructive processes)
- Increases cell volume and thereby facilitates protein and glycogen synthesis helping the body to recover that much faster after physical exertion
- Is nutrient favourable to intestinal bacteria contributing to a healthy immune system
- Derived from 100% vegetable matter it is lactose and milk protein free

Utilisation

On the day of training take 3-4 times 5-10 g of Glutamin Peptid (total 15-30 g) throughout the day. One of these portions should be taken 45 min after training.



Ingredients

Wheat protein hydrolysate (enzyme hydrolysis).

Glutaminpeptid

Full Amino Spectrum

Flavour / Packaging / Nutrition facts

Neutral

Box of 250 g

nutrition facts	per 100 g	per 20 g
energy kJ (kcal)	1684 (397)	338 (75)
proteins	78 g	15.6 g
carbohydrates	11.7 g	2.3 g
fat	4.3 g	0.9 g
minerals		
phosphorus	150 mg	30 mg
iron	3 mg	0.6 mg

amino acids per g of pure protein		
essentials	histidine	18 mg
	isoleucine	40 mg
	leucine	70 mg
	lysine	14 mg
	methionine + cysteine	27 mg
	phenylalanine + tyrosine	87 mg
	threonine	22 mg
	tryptophan	8 mg
non-essentials	valine	40 mg
	alanine	26 mg
	arginine	29 mg
	aspartic acid	30 mg
	Glutamine in peptide form	365 mg
	glutamic acid	14 mg
	glycine	33 mg
proline	132 mg	
serine	44 mg	