

# RECOVERY Formula

## Product description

Carbohydrates-proteins powder for the glycogen storage and a quick regeneration. Enriched with first-class whey protein isolate from CFM, and high-quality co-factors and glutamine for muscle growth and a strengthened immune system. The protein synthesis is stimulated by the rise of the amino acid concentration in the blood as well as by the improved receptiveness of the cells and thereby promotes the recovery of the exhausted muscles.

As a prebiotic food fibre, the inuline strengthens the defensive forces and supports the digestion, by which the utilisation of the single micronutrients is promoted.



## Advantages

- Wide spectrum of effects: glycogen storage, immune defense, muscle constitution
- Top quality protein from cross-flow microfiltration
- Enriched with vitamins, minerals and trace elements

## Utilisation

For an optimal recovery, take directly after exertion. For support of muscle build-up, take as a snack in between and up to 1 hour before training.



## Ingredients

Fruit powders, whey protein isolate, dextrose, fructose, maltodextrine, inulin, minerals, red beet juice powder, citric acid, flavours, thickeners, vitamins.

## Flavour / Packaging / Nutrition facts

Strawberry-Banana

Box of 3000 g / powder

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nutrition facts	per 100 g powder		per 60 g (300 ml)	
energy (kcal)	1600 (377)		963 (227)	
proteins	15 g		9 g	
carbohydrates	78 g		47 g	
fat	0.5 g		0.3 g	
<b>vitamins **</b>		<b>%RDA*</b>		<b>%RDA*</b>
A	860 µg	108%	516 µg	65%
D	6.1 µg	122%	3.7 µg	73%
E	12.2 mg	122%	7.3 mg	73%
C	55 mg	92%	33 mg	55%
B1	1.7 mg	119%	1 mg	71%
B2	2 mg	122%	1.2 mg	73%
niacin	22 mg	122%	13.2 mg	73%
B6	1.8 mg	92%	1.1 mg	55%
Folic acid	244 µg	122%	147 µg	73%
B12	1.7 µg	170%	1 µg	100%
biotin	18.3 µg	12%	11 µg	7%
pantothenic acid	3.7 mg	61%	2.2 mg	37%
<b>minerals **</b>		<b>%RDA*</b>		<b>%RDA*</b>
calcium	335 mg	42%	200 mg	25%
magnesium	120 mg	40%	72 mg	24%
iodine	63 µg	42%	38 µg	25%
zinc	7.5 mg	50%	4.5 mg	30%
iron	7 mg	50%	4.2 mg	30%
copper	0.53 mg	35%	310 µg	20%
chromium	52 µg	52%	31 µg	31%
selenium	25 µg	50%	15 µg	30%
manganese	0.9 mg	18%	540 µg	11%

amino acids **		
L-glutamine	1667 mg	1000 mg
BCAA:	4000 mg	2400 mg
L-valine	1000 mg	600 mg
L-leucine	1850 mg	1110 mg
L-isoleucine	1150 mg	690 mg

\* RDA = Recommended Daily Allowance

\*\* average value