

PRO POWER & MUSCLE

# PREMIUM WHEY HYDRO

ADVANCED FORMULA FOR MUSCLE GROWTH

CHOCOLATE

## QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



## PRODUCT DESCRIPTION

SPONSER® - PREMIUM WHEY HYDRO provides a high quality protein matrix based on protein hydrolysates to help build and maintain the muscle mass. Hydrolysates are typically enzymatically “pre-digested” or pre-cleaved proteins and offer an absorption advantage compared to intact proteins. Using only Whey Protein from Cross Flow Microfiltration (CFM) guarantees a natural protein quality.

Additionally complemented with the quality raw materials PepForm® BCAA and WHEY CFM NITRO® for increased peptide bound BCAA content per g of pure protein. WHEY CFM NITRO is a patented raw material with bioactive peptides from whey protein to activate NO (nitric oxid) metabolism and improve oxygen utilization.

HMB (beta-hydroxy-beta-methylbutyrate) is an organic acid that occurs naturally in the human body and is synthesized from the essential amino acid L-leucine. Power athletes, bodybuilders and intensively training athletes use HMB in high-intensity phases.

PREMIUM WHEY HYDRO is lactose-free, virtually fat and carbohydrate-free and thus provides high-quality training support for power and endurance athletes as well as for active people with increased protein needs.

## ADVANTAGES

- **High quality protein matrix with maximum functionality**
- **Rich in BCAA 5700 mg / serving (30 g)**
- **Enriched with WHEY CFM NITRO for NO metabolism**
- **Additionally enriched with HMB**
- **With vitamins, magnesium and zinc**

## APPLICATION

In high-intensity phases, depending on the protein needs, about 1 h before or within 30 minutes after training.

In addition to a varied and balanced diet as well as a healthy lifestyle.

PRO POWER&MUSCLE

# PREMIUM WHEY HYDRO

ADVANCED FORMULA FOR MUSCLE GROWTH

PAGE 2

## INGREDIENTS

**Whey** protein isolate (Cross Flow Filtration, partially hydrolysed) 81% (Ireland), cocoa highly de-oiled 6%, **Whey** protein hydrolysate\* (with 50% BCAA in peptide form) 4%, beta-hydroxy-beta-methylbutyrate calcium (HMB) 4%, flavours, vitamins (ascorbic acid, nicotinic acid amide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin), mineral salts (magnesium carbonate, zinc lactate), thickener (guar gum, xanthan gum), emulsifier sunflower lecithin, lactase (enzyme), sweetener sucralose.

## PACKAGING AND FLAVOUR

Box of 850 g (28-34 servings)

Vanilla, Chocolate

## NUTRITION FACTS

Nährwerte/valeurs nutritives/nutrition facts	100 g		1 Portion**	
Energie/energy kJ (kcal)	1520 (360)		445 (105)	
Fett/lipides/fat/grassi	2.5 g		0.8 g	
davon gesättigte Fettsäuren/of which saturated fatty acids	1.0 g		0.3 g	
Kohlenhydrate/glucides/carbohydrates	2.5 g		0.8 g	
davon Zuckerarten/of which sugars	0.6 g		0.2 g	
Eiweiss/protéines/protein	80 g		24 g	
Salz/sel/salt	0.70 g		0.21 g	
<b>Vitamine/vitamin(e)s</b>	<b>%NRV*</b>			
E	14 mg	117%	4.2 mg	35%
C	92 mg	115%	28 mg	35%
B1	1.3 mg	116%	0.4 mg	35%
B2	1.6 mg	116%	0.5 mg	35%
B6	1.6 mg	116%	0.5 mg	35%
B12	2.9 µg	115%	0.9 µg	35%
Niacin(e)	18 mg	113%	5.5 mg	35%
Folsäure/folic acid	230 µg	116%	69 µg	35%
Biotin(e)	58 µg	116%	17 µg	34%
Pantothensäure/pantothenic acid	6.9 mg	116%	2.1 mg	35%
<b>Mineralstoffe/sels minéraux/minerals</b>	<b>%NRV*</b>			
Calcium	400 mg	50%	120 mg	15%
Magnesium/magnésium	330 mg	88%	99 mg	26%
Phosphor(e)/phosphorus	160 mg	23%	48 mg	7%
Kalium/potassium	580 mg	29%	174 mg	8%
Zink/zinc	9.5 mg	95%	2.9 mg	29%

\*Nährstoffbezugswerte/valeurs nutritionnelles de référence/nutrient reference values

\*\* 1 serving =30 g + 200 ml of water. 100 ml of finished preparation contains 222 kJ (52 kcal)

PRO POWER&MUSCLE

# PREMIUM WHEY HYDRO

ADVANCED FORMULA FOR MUSCLE GROWTH

PAGE 3

Aminosäuren/amino acids (per 100 g Reinprotein/pure protein)		
Essential	Histidin	1.7 g
	Isoleucin	6.8 g
	Leucin	11.3 g
	Lysin	9.3 g
	Methionin + Cystein	4.5 g
	Phenylalanin + Tyrosin	5.1 g
	Threonin	6.7 g
	Tryptophan	2.0 g
	Valin	5.9 g
Non-essential	Alanin	5.0 g
	Arginin	1.9 g
	Asparaginsäure	10.8 g
	Glutaminsäure	17.9 g
	Glycin	1.6 g
	Prolin	6.0 g
	Serin	4.6 g

Biologische Wertigkeit/biological value (nach Oser): 165 (Vollei/whole egg = 155)

**100 g (30 g) enthalten/contain:** BCAA (leucine, isoleucine, valine) 19 g (5.7 g), HMB 3.3 g (1 g)

Protein powder from whey protein isolate (CFM & partially hydrogenated) and peptides, supplemented with HMB, lactase, vitamins and minerals. With chocolate flavour and sweetener. Lactose free.

Carefully developed and produced in Switzerland.

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

Sponser Europe GmbH  
D-88131 Lindau  
www.sponser.de