

## PowerBar Recovery Drink (385 g and 1,2 kg) – for fast recovery after sports



### Key benefits:

- A balanced combination of short and longer-chained carbohydrates to quickly restore glycogen stores
- With Trisource protein, which is a special mix of whey, milk and soy protein, which helps to rebuild fatigued muscles
- With added glutamine – fuel for the immune system
- A high density of vitamins and minerals to compensate for losses during sport and to support and strengthen the immune system

### Suggested usage:

- Mixing instruction: Mix 3 scoops (55g) in a glass (200ml) of water or skimmed milk.
- Suggested usage: 1 serving per day after training.

### Ingredients (e.g Chocolate):

Skimmed milk powder, dried glucosesyrup, sugar, fat-reduced cocoa powder (4%) whey protein (2,9%), soya protein (2,6%), calcium caseinate (2,5%), vitamins (C, E, niacin, pantothenic acid, B6, riboflavin, thiamin, folic acid, biotin, B12), magnesium phosphate (1435mg/100g), L-glutamine (500mg/100g), calcium phosphate (254mg/100g), calcium citrate (119mg/100g), zinc gluconate (33,4mg/100g), copper-II-gluconate (6,4mg/100g), sodium selenite (0,04mg/100g), flavouring (with milk), chromium-III-chlorid (0,14mg/100g), cinnamon. Traces: Celery, gluten.

### Nutrition information:

<b>Nutrition information:</b>	<b>per 100 g:</b>	<b>per 55 g:</b>
Energy kJ (kcal)	1535 (361)	844 (199)
Protein	22,9 g	12,6 g
of which L-glutamine	500 mg	275 mg
Carbohydrate	65,3 g	35,9 g
Fat	1,0 g	0,55 g

### Vitamins and minerals:

<b>Vitamins and minerals:</b>	<b>per 100 g (%RDA*):</b>	<b>per 55 g (%RDA*):</b>
Vitamin E	13,6 mg (136%)	7,5 mg (75%)
Vitamin C	82 mg (136%)	45 mg (75%)
Vitamin B1	1,3 mg (92%)	0,7 mg (50%)
Vitamin B2	1,5 mg (93%)	0,8 mg (50%)
Niacin	16,4 mg (91%)	9 mg (50%)
Vitamin B6	1,8 mg (90%)	1 mg (50%)
Folic acid	181,8 µg (90%)	100 µg (50%)
Vitamin B12	0,9 µg (90%)	0,5 µg (50%)
Biotin	0,14 mg (93%)	0,08 mg (53%)
Pantothenic acid	5,5 mg (91%)	3,0 mg (50%)
Calcium	727 mg (90%)	400 mg (50%)
Magnesium	273 mg (91%)	150 mg (50%)
Zinc	6,8 mg (45%)	3,7 mg (25%)
Copper	0,9 mg	0,5 mg
Chromium	27 µg	15 µg
Selenium / Selen	19 µg	10,5 µg

\*recommended daily allowance

### Technical information:

- 385g jar and 1,2 kg jar
- Flavour: Chocolate

<b>Flavour</b>	<b>SKU</b>	<b>EAN Jar</b>	<b>EAN Case</b>
Chocolate 385 g	24420233	4029679-67003-7	4029679-67030-3
Chocolate 1,2 kg	2430233	4029679-67004-4	4029679-67040-2

### Price:

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