

Glutaminpeptid

Full Amino Spectrum

Product description

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

L-Glutamin is the most important anabolic amino acid and reduces the destructive process of muscle substance after training. Thus it supports the muscle growth and the recovery phase.

SPONSER Glutaminpeptid is needed as much for power as for endurance sports, but for different reasons (protein synthesis, glycogen storage, immune system, accelerated recovery).

Advantages

- Accelerates protein synthesis and protects against protein breakdown, i.e. its action is anabolic (constructive) as well as anticatabolic (protective against destructive processes).
- Increases cell volume and thereby facilitates protein and glycogen synthesis, which also helps the body to recover faster after physical exertion.
- Is a nutrient favourable to intestinal bacteria which contribute to a healthy immune system.
- Does not contain any lactose or milk protein and is derived from 100% vegetable matter.

Use

On a training day, take 3-4 times 5-10 g of Glutaminpeptid (total 15-30g) over the day. One of these portions should be taken within 45 min after training.

Ingredients

Wheat protein hydrolysate (enzyme hydrolysis).



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Flavours / 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	