

Protein Shake with L-Carnitine

Low Carb

Product description

SPONSER Protein Shake is a delicious tasting milkshake with a high biological value thanks to the addition of milk and egg protein. Sponser Protein Shake is enriched with L-carnitine, which plays an important role in burning fat. This Low Carbohydrate Protein Shake with whey, high quality proteins and a defined part of complex carbohydrates (low carb) can be integrated into a healthy nutrition plan. It is suitable as part of a meal in combination with fruit, vegetables and salad.



Advantages

- With 300 mg L-carnitine per portion to support the burning of fat.
- 1 portion (25g powder + 300 ml of low fat or skimmed milk) covers about ¼ of the daily needs in 10 selected vitamins.
- Easy preparation with a shaker.



Carnipure™ guarantees purest carnitine quality

Utilisation

For strict weight control:

Take 2-3 times a day as part of the main meal in combination with vegetables, salad and fruit.

For moderate weight control:

Take once a day as part of the main meal in combination with vegetables, salad and fruit.

Integrate with snacks made out of fruit, cereal bars or bread with low-fat spread as well as low fat milk products.

For weight stabilisation:

Plan an occasional meal with Protein Shake Low-carb plus vegetables, fruits or salad.



Ingredients

Protein powder (chocolate flavour: cocoa powder, caramel powder), magnesium carbonate, flavourings, calcium lactate, aspartame, guar seed flour and xanthan, vitamins, ascorbic acid, potassium, L-carnitine. Contains a source of phenylalanine.

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Flavours / packaging / nutrition facts

Banana, vanilla, chocolate. Boxes of 500 g.

nutrition facts	per 100 g of powder	
energy kJ (kcal)	1575 (370)	
proteins	83 g (choco: 71 g)	
carbohydrates	4.5 g (choco: 14 g)	
fat	3.5 g	
vitamines	per 100 g powder	%ETD*
E	10 mg	100%
C	60 mg	100%
B1	1.4 mg	100%
B2	1.6 mg	100%
B6	2 mg	100%
B12	1 µg	100%
niacine	18 mg	100%
folic acid	200 µg	100%
biotin	150 µg	100%
pantothenic acid	6 mg	100%
minerals	per 100 g powder	%ETD*
calcium	475 mg	59%
magnesium	255 mg	85%

*recommended daily intake

Amino acids per 100 g of pure protein		
essentials	histidine	3.1 g
	isoleucine	6.0 g
	leucine	10.8 g
	lysine	9.2 g
	methionine + cysteine	4.7 g
	phenylalanine + tyrosine	11.8 g
	threonine	5.5 g
	tryptophan	1.7 g
	valine	7.2 g
non-essentials	alanine	3.0 g
	arginine	3.1 g
	aspartic acid	6.7 g
	glutamic acid	13.7 g
	glycine	1.7 g
	proline	6.7 g
	serine	5.0 g