

PRO Recovery

50% Protein 36% Carbo
+ Colostrum + Amino Acids

Product description

PRO Recovery is a protein preparation conceived after the newest scientific knowledge for demanding strength and endurance sportsmen. The unique combination of high quality protein components out of whey, egg and casein in proportion 1:1:1 as well as colostrum and potatoes-egg protein hydrolysate in quickly available peptide form supports the muscle constitution and the recovery together with the amino acids L-leucine, L-glutamine and L-arginine. Endurance sportsmen profit specially of an appropriate protein supply in terms of immune defenses, regeneration and efficiency.

Additionally enriched with L-carnitine, minerals and vitamins, which are indispensable for the energy and protein metabolism.

L-carnitine also has antioxidative attributes and promotes the regeneration.



Advantages

- High quality proteins sources of long and short availability
- Free of lactose and without artificial sweeteners
- Convenient preparation with water

Utilisation

For an optimal recovery, take within the hour following the physical load. To support the muscle build-up, take in between or up to 1 h before training.



Ingredients

Protein powder 44% (casein, whey protein isolate from cross flow microfiltration, egg albumin, potatoes and egg protein hydrolysates), saccharose, fructose, amino acids 8% (L-leucine, L-glutamine, L-arginine), cacao powder strongly defatted 7.5%, bovine colostrum 4%, thickening agent (guar seeds flour, xanthan), flavours, L-carnitine tartrate, emulsifier soy lecithin, 5 minerals (sodium chloride, magnesium carbonate, iron sulfate, zinc lactate, chromium yeast), 10 vitamins (ascorbic acid, nicotinamide, alpha-tocopherol acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavine, thiamine mononitrate, folic acid, biotin, cyanocobalamin).

PRO Recovery

50% Protein 36% Carbo
+ Colostrum + Amino Acids

Flavours / packaging / nutrition facts

Vanilla, chocolate, coffee. Box of 1000 g.

nutrition facts (chocolate)	per 100 g of powder		1 Shake = 40 g of powder + 250 ml of water	
energy kJ (kcal)	1500 (355)		600 (142)	
proteins	50 g		20 g	
carbohydrates	36 g		14.5 g	
fat	1 g		0.4 g	
Vitamins		%RDA*		%RDA*
E	5 mg	50%	2 mg	20%
C	30 mg	50%	12 mg	20%
B1	0.7 mg	50%	0.3 mg	20%
B2	0.8 mg	50%	0.3 mg	20%
niacin	9 mg	50%	3.6 mg	20%
B6	1 mg	50%	0.4 mg	20%
folic acid	100 µg	50%	40 µg	20%
B12	0.5 µg	50%	0.2 µg	20%
biotin	75 µg	50%	30 µg	20%
pantothenic acid	3 mg	50%	1.2 mg	20%
Minerals		%RDA*		%RDA*
calcium	320 mg	40%	128 mg	16%
magnesium	110 mg	37%	44 mg	15%
phosphorus	290 mg	36%	116 mg	15%
iron	10 mg	71%	4 mg	29%
zinc	7 mg	47%	2.8 mg	19%
potassium	1100 mg	-	440 mg	-
sodium	720 mg	-	288 mg	-
chromium	25 µg	-	10 µg	-
others	100 g		40 g	
L-carnitine	250 mg		100 mg	

Amino acid per 100 g of pure protein		
essentials	histidine	2.2 g
	isoleucine	5.3 g
	leucine	14.3 g
	lysine	7.1 g
	methionine und cysteine	7.3 g
	phenylalanine und tyrosine	8.1 g
	threonine	4.9 g
	tryptophan	1.3 g
non-essentials	valine	6.1 g
	alanine	4.2 g
	arginine	8.6 g
	aspartic acid	8.8 g
	gluctamic acid incl. glutamine	21.9 g
	glycine	2.3 g
proline	6.6 g	
serine	5.0 g	

Biological value of 160 (egg=155)