

Recovery Drink

+ whey isolate CFM + leucine + glutamine

Product description

SPONSER Recovery Drink is a regeneration drink free of lactose for an accelerated glycogen storage and protein synthesis. The short-, medium- and long-chain carbohydrates ensure a staggered energy release for hard training and promote the glycogen storage and the regeneration.

- Based on casein and whey protein hydrolysate (vanilla variant also with egg albumin). The quickly and slowly available proteins thus serve both the immediate muscle recovery (repair) as well as the muscle constitution (protein synthesis) after the effort.
- Whey protein isolate from cross flow microfiltration provides concentrated, natural proteins with high quality co factors (25% BCAA) for the growth and the immune defense. The protein synthesis, and with it, the quick recovery of the stressed muscles is promoted by the rise of the amino acids concentration in the blood as well as the improved absorption capacity of the cells.
- The added free amino acids leucine (1.85 g/100 g) and glutamine (1.6 g/100 g) are required during intensive sport activity in high level. Leucine serves as a building material for the protein synthesis, while glutamine also contributes to the strengthening of the immune system.
- The prebiotic soluble dietary fibres promote the digestion and support the intestinal floral, which is estimable for an improved nutrient uptake.



Advantages

- Wide spectrum of effects : glycogen storage, muscle constitution, immune defense
- High quality and lactose free protein components
- Complete vitamins spectrum
- Without artificial sweeteners

Utilisation

For an optimal recovery, to be taken within 1 h after the effort and in between, or up to 1 h before training to support the muscle constitution. 1-2 servings daily.



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Ingredients

Vanilla variant :

Dextrose, starch hydrolysate (barley, rice), fructose, whey protein hydrolysate from cross flow microfiltration 10%, sucrose, maltodextrin, casein 5%, egg albumin 5%, L-glutamine, L-leucine, minerals, thickener (guar gum and carboxymethyl cellulose), vanilla extract, MCT oil, soy lecithin, flavour, vitamins. Lactose free.

Strawberry-banana variant :

Fruit powder 20% (sucrose, strawberries, banana), dextrose, fructose, whey protein hydrolysate 10%, maltodextrin, inulin 7% (prebiotic dietary fibers), protein hydrolysate 6% (PeptoPro from casein, whey), minerals, soy lecithin, L-glutamine, L-leucine, colouring beetroot juice, acidulant citric acid, flavours, thickener (guar gum, xanthan, sodium alginate), vitamins. Lactose free. Gluten free.



Flavours / Packaging / Nutrition facts

Vanilla

Box of 700 g

Strawberry-banana

Box of 6 x 0.3 l portions or 20 portions x 60 g

nutrition facts (ex. strawberry-banana)	per 100 g of powder		per 60 g (300-500 ml)	
energy kJ (kcal)	1600 (377)		963 (227)	
proteins	15 g		9 g	
carbohydrates	78 g		47 g	
fat	0.5 g		0.3 g	
vitamins		%RDA*		%RDA*
A	860 µg	108%	516 µg	65%
D	6.1 µg	122%	3.7 µg	73%
E	12.2 mg	122%	7.3 mg	73%
C	55 mg	92%	33 mg	55%
B1	1.7 mg	119%	1 mg	71%
B2	2 mg	122%	1.2 mg	73%
niacin	22 mg	122%	13.2 mg	73%
B6	1.8 mg	92%	1.1 mg	55%
folic acid	244 µg	122%	147 µg	73%
B12	1.7 µg	170%	1 µg	100%
biotin	18.3 µg	12%	11 µg	7%
pantothenic acid	3.7 mg	61%	2.2 mg	37%
minerals		%RDA*		%RDA*
calcium	335 mg	42%	200 mg	25%
magnesium	120 mg	40%	72 mg	24%
iod	63 µg	42%	38 µg	25%
zinc	7.5 mg	50%	4.5 mg	30%
iron	7 mg	50%	4.2 mg	30%
copper	530 µg	35%	310 µg	20%
chromium	52 µg	52%	31 µg	31%
selenium	25 µg	50%	15 µg	30%
manganese	900 µg	18%	540 µg	11%
amino acids				
BCAA**:	4000 mg		2400 mg	
L-valine	1000 mg		600 mg	
L-leucine	1850 mg		1110 mg	
L-isoleucine	1150 mg		690 mg	
L-glutamine	1667 mg		1000 mg	

*recommended daily allowance

** branched-chain amino acids