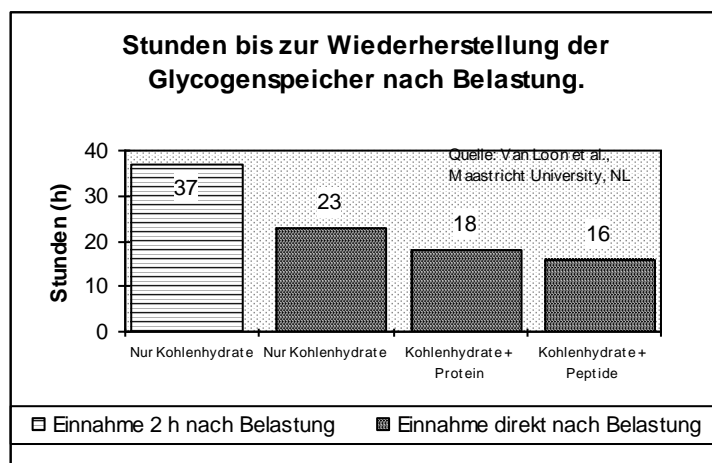


Regeneration Competition

+ vitamins + amino acids

Product description

SPONSER Regeneration Competition optimises the physical recovery process by promoting glycogen storage and protein synthesis. As confirmed in a report made by the Federal Institute of Technology, Zurich, Switzerland, its composition is based on the latest results made by research on sport nutrition. The combination of carbohydrates and wheat protein hydrolysate encourages efficient glycogen storage whilst providing the conditions for rapid protein synthesis. The main source of carbohydrates in this product is Vitargo™, a certified carbohydrate made of barley starch, which was especially developed for efficient glycogen storage. Vitargo™ has a molecular weight 100 times greater than that of regular maltodextrin and studies have shown that it is assimilated faster by muscle cells than other types of sugar. In addition to carbohydrates and protein, this regeneration drink also contains chrome, zinc and magnesium, which are essential for insulin metabolism. The correct function of insulin is vital for the body's capacity to build protein and thus muscles. Glutamin is a source of energy for the immune system and also plays an important role in muscle building. Taurine is an insulin-like semi-essential amino acid and counteracts the detrimental effects of free radicals. The table below shows how the combination of carbohydrates and peptides (protein hydrolysate) works to drastically shorten the recovery time following a physical exertion.



Advantages

- High quality product for competitions
- High content in glutamine (2870 mg/serving) and BCAA (1170 mg/serving)
- Per serving : 50 g carbohydrates, 10 g proteins
- Ready to drink, immediately available
- Refrigeration not needed for the storage

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Utilisation

If possible take immediately after physical exertion or for carbo-loading. Drink chilled. Also appropriate during long-lasting endurance efforts (diluted in water in a 1:1 proportion).



Ingredients

Water, barley starch hydrolysate (Vitargo™), dextrose, maltodextrine, wheat protein hydrolysate with glutamine peptides, citric acid and malic acid, minerals, taurine, flavours, sweetener sucralose, vitamins.

Flavour / Packaging / Nutrition facts

Exotic

Tetra Pack of 330 ml

Analysis				
per 100 ml:		per 330 ml drink:		
energy kJ (kcal)		315 (74)	1040 (245)	
proteins		3 g	10 g	
carbohydrates		15 g	50 g	
fat		0 g	0 g	
vitamins		ETD*		ETD
B1	0.2 mg	15%	0.7 mg	50%
B2	0.2 mg	15%	0.8 mg	50%
pantothenic acid	0.9 mg	15%	3 mg	50%
B6	0.3 mg	15%	1 mg	50%
E	1.5 mg	15%	5 mg	50%
B12	0.2 µg	15%	0.5 µg	50%
folic acid	30.3 µg	15%	100 µg	50%
niacin	2.7 mg	15%	9 mg	50%
biotin	22.7 µg	15%	75 µg	50%
C	9.1 mg	15%	30 mg	50%
minerals		ETD		ETD
magnesium	14.5	5%	48 mg	16%
zinc	5.7	9%	4.3 mg	29%
chrome	27.3	27%	90 µg	90%
amino acids				
glutamine	870	2870 mg		
glutamic acid	33	110 mg		
isoleucine	95	310 mg		
leucine	165	550 mg		
valine	95	310 mg		
taurine	142	470 mg		
Total BCAA	415 mg	1170 mg		

*recommended dietary allowance