

POWER PRO

RECOVERY

Sweetened protein sports drink powder.



- supports muscle recovery after intensive physical exertion
- with 4 important natural protein sources
- the protein amino acids are released and absorbed sequentially

Power Pro is an instant protein concentrate based on an ideally balanced combination of hydrolyzed, quickly available proteins and highly molecular, slowly available proteins reliably supplying the body both immediately after physical exertion and hours later with the principal amino acid components for improved recovery after intensive athletic activity.

RECOMMENDATIONS FOR USE

1 serving = Stir 3 measuring spoons (35g) of powder in 300ml of water or low-fat milk.

To support recovery: take 1 serving prepared with water 15 min. before physical exertion, 1 serving prepared with low-fat milk 5 min. after physical exertion.

Time in minutes ->

| | | | | | | | | |
|---------------|----|----|----|---------------|---|----|----|--------------|
| 60 | 45 | 30 | 15 | 0 - 240 | 5 | 15 | 30 | 60 |
| | | | | | | | | |
| BEFORE | | | | DURING | | | | AFTER |

= 1 serving (35g powder/300ml water or milk)

INGREDIENTS

Vanilla: whey protein, whey protein hydrolysate, wheat protein hydrolysate, Ca-caseinate, vanilla flavor, sweetener: sucralose, vanilla seeds

Cocoa: whey protein, whey protein hydrolysate, wheat protein hydrolysate, Ca-caseinate, cocoa powder, vanilla flavor, sweetener: sucralose.

May contain gluten.

FLAVOUR

Vanilla, Cocoa

PACKAGING

- 750 g Container with measuring spoon
- 2.5 kg Stand-up pouch with zip

NUTRITION FACTS

| | Per 100g | Per 35g |
|-------------------------|------------------|-----------------|
| Energy | 1568 kJ/375 kcal | 549 kJ/131 kcal |
| Proteins | 82 g | 28.7 g |
| Carbohydrates | 5 g | 1.7 g |
| – of lactose | 4.2 g | 1.5 g |
| Fat | 3 g | 1.05 g |
| – of which saturated FA | 1.7 g | 0.6 g |
| Fiber | 0 g | 0 g |
| Sodium | 0.7 g | 0.25 g |

| Amino acids (in dry matter) | Per 100g | Per 35g |
|-----------------------------|----------|---------|
| - of which essential: | | |
| Cysteine | 1.86g | 0.53g |
| Histidine | 1.96g | 0.56g |
| Isoleucine* | 5.21g | 1.50g |
| Leucine* | 9.59g | 2.75g |
| Lysine | 7.40g | 2.12g |
| Methionine | 2.15g | 0.62g |
| Phenylalanine | 3.86g | 1.11g |
| Threonine | 5.24g | 1.50g |
| Tryptophane | 1.57g | 0.45g |
| Tyrosine | 3.30g | 0.95g |
| Valine* | 5.20g | 1.49g |
| - of which non-essential: | | |
| Alanine | 3.96g | 1.14g |
| Arginine | 2.77g | 0.80g |
| Aspartic acid | 8.68g | 2.49g |
| Glutamic acid | 21.11g | 6.06g |
| Glycine | 1.93g | 0.55g |
| Proline | 7.52g | 2.16g |
| Serine | 4.50g | 1.29g |

*BCAA = Branched Chain Amino Acid