

REGENERADE

RECOVERY

Carbohydrate protein sports drink powder with L-glutamine and L-carnitine.



- promotes recovery after physical exertion
- well digestible
- replenishes glycogen reserves

Regenerate is a highly nutritious carbohydrate/protein combination with a high content in BCAA (4200mg/serving) and glutamine (4400mg/serving), specially developed for recovery after intensive training sessions. Added L-carnitine supports fat metabolism. Regenerate contains no additives such as stabilizers, artificial flavors, artificial sweeteners, thickening agents, preservatives, etc. and is therefore optimally digestible.

RECOMMENDATIONS FOR USE

Stir 4 measuring spoons (70g) of powder in 3 to 4dl of water or low-fat milk, preferably in a shaker, and shake well.

Take immediately after physical exertion (within 5 minutes).

Time in minutes ->

60	45	30	15	0 - 120				5	15	30	60
BEFORE				DURING				AFTER			

= 1 Serving (70g/ powder 300-400ml water or milk)

INGREDIENTS

Vanilla: maltodextrine, glucose, whey protein, whey and wheat protein hydrolysate, L-glutamine, vanilla seeds, L-carnitine, vanilla flavor

Cocoa: maltodextrine, glucose, whey protein, whey and wheat protein hydrolysate, L-glutamine, cocoa powder, L-carnitine.



Carnipure™ bietet reinstes L-Carnitin und ist ein Warenzeichen der Lonza AG, Schweiz.

May contain gluten.

FLAVOUR

Vanilla, Cocoa

PACKAGING

- 1 kg Container with measuring spoon

NUTRITION FACTS

	Per 100g	Per 70g
Energy	1630 kJ/390 kcal	1141 kJ/273 kcal
Proteins	30 g	21 g
Carbohydrates	63 g	44 g
– of which sugar	15 g	10.5 g
Fat	2 g	1.4 g
– of which saturated FA	1.1 g	0.8 g
Fiber	0 g	0 g
Sodium	0.62 g	0.43 g
L-Glutamine	6.3 g (*63%)	4.4 g (*44%)
L-Carnitine	1000 mg (*1000%)	700mg (*70%)

* RDA = recommended daily allowance

Amino acids (in dry matter)	Per 100g	Per 70g
- of which essential:		
Cysteine	1.86 g	0.39 g
Histidine	1.96 g	0.41 g
Isoleucine*	5.21 g	1.10 g
Leucine*	9.59 g	2.01 g
Lysin / lysine	7.40 g	1.55 g
Methionine	2.15 g	0.45 g
Phenylalanine	3.86 g	0.81 g
Threonine	5.24 g	1.10 g
Tryptophane	1.57 g	0.33 g
Tyrosine	3.30 g	0.69 g
Valine*	5.20 g	1.09 g
- of which non-essential:		
Alanine	3.96 g	0.83 g
Arginine	2.77 g	0.58 g
Aspartic acid	8.68 g	1.82 g
Glutamic acid	21.11 g	4.43 g
Glycine	1.93 g	0.41 g
Proline	7.52 g	1.58 g
Serine	4.5 g	0.95 g

*BCAA = Branched Chain Amino Acid