

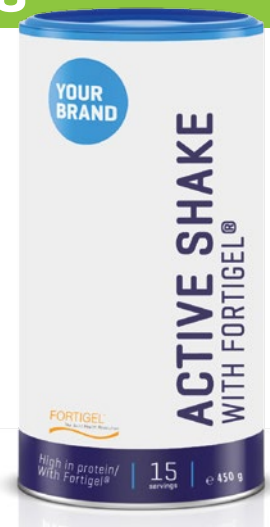
HEALTH FOOD
FOR YOUR
BRAND.

Sports Nutrition

ACTIVE SHAKE WITH COLLAGEN PEPTIDES

Athletic performance, heavy work or being overweight all cause strain to joints and cartilage. As people age, the risk of joints wearing out increases. nutrineo offers a sports drink specifically developed for supporting healthy joints. In cooperation with GELITA AG, the experts at nutrineo have developed the functional sports drink "Active shake" that contains FORTIGEL®. FORTIGEL® is a blend of collagen peptides.

Moreover, a high quality 5-component-protein contributes to maintaining muscle mass because in particular older people are at risk of losing muscle mass and muscle strength (sarcopenia) through ageing. This results in functional limitations.¹



Advantages

- Contains FORTIGEL® [collagen peptide]
 - Collagen = main structure protein and important protein in the connective tissues
 - Collagen is a natural component of joints, tendons, ligaments, skin and hair.
- 35 g protein per serving
- Proteins support the maintenance and growth of muscle mass
- With Vitamin C: Vitamin C contributes to normal collagen formation for the normal function of cartilage
- Contains calcium: Calcium contributes to normal muscle function
- Supports a healthy and agile lifestyle

i Sarcopenia²

The degenerative loss of muscle mass may start at the age of 50; from the age of 70 the process accelerates.

After the age of 50, the muscle mass shrinks by 1-2 percent each year. The loss of muscle strength between ages 50 to 60 is approximately 1.5 percent per year; after this, it can be as high as approximately 3 percent.

The assumed reasons for the increasing reduction of muscle mass are reduction of anabolic [muscle building] processes and the preponderance of catabolic [muscle decreasing] processes as well as malfunctions of cellular processes in the muscle fibres.

Sources [excerpt]:
1 cf.: Spira, D.; Noman, K. et al: Prevalence and definition of sarcopenia in community dwelling older people. Zeitschrift für Gerontologie und Geriatrie Bd. 49, 2, Feb. 2016, S. 94-99
2 S. von Haehling: Ergänzende bilanzierte Diät mit essenziellen Aminosäuren bei chronischen Krankheiten und im fortgeschrittenen Alter. Aktuell Ernährungsmed 35, 2010, S. 115-123

HEALTH FOOD FOR YOUR BRAND.



Sports Nutrition

Active shake with collagen peptides

Description

Beverage powder to prepare a protein shake with FORTIGEL®, with chocolate flavour, with sweeteners.

Dosage per serving and application

Quickly stir 30 g of the powder into 300 ml water or use a shaker. Consume 30 minutes before or after training.

Before During After

Technical data

Flavors: triple chocolate

Shelf life: 18 months

Packaging:

Allergen information

Egg/egg products, soy/soy products, milk/milk products (including lactose).

Warning information

Persons with known metabolic disorders, intolerances or allergies should consult their physician before consumption.

Ingredients [chocolate flavor]

Collagen hydrolysate, **soya protein isolate**, **whey protein isolate**, **milk protein**, fat-reduced cocoa powder 6%, **chicken egg white**, potato protein, calcium lactate, flavourings, calcium carbonate, magnesium oxide, anti-caking agent [E 551], salt, sweeteners [E 950, E 955], ascorbic acid, emulsifier [E 322], cholecalciferol, pyridoxine hydrochloride.



Nutritional information [Chocolate flavor]	in 100 g powder	Per serving / 30 g in 300 ml water
Energy value	1474 kJ	442 kJ
Energy value	347 kcal	104 kcal
Fat	1 g	0.3 g
of which saturates	0.5 g	0.2 g
Carbohydrates	2.8 g	0.8 g
of which sugars	1 g	0.3 g
Dietary fiber	2.1 g	0.6 g
Protein	80.1 g	24 g
Salt	1.11 g	0.33 g
Vitamin D	5.22 µg (104%*)	1.57 µg (31%*)
Vitamin C	87 mg (109%*)	26.1 mg (33%*)
Vitamin B6	1.49 mg (106%*)	0.45 mg (32%*)
Calcium	811 mg (101%*)	243 mg (30%*)
Magnesium	407 mg (109%*)	122 mg (33%*)

*NRV = nutrient reference values = percentage of recommended reference intake

