

**HEALTH FOOD
FOR YOUR
BRAND.**



Sports Nutrition

RECOVERY DRINK - ENDURANCE

The Recovery Drink supplies the body with everything needed after intense endurance exercise. It contains a blend of whey protein isolate and dextrose, enriched with vitamins and magnesium to support recovery after physical exercise. The protein in the drink supports the maintenance and growth of muscles, while readily available carbohydrates quickly refill energy reserves.

Vitamins C & B6 in the drink support normal energy metabolism.



Features

- Optimum supply of nutrients after endurance exercise
- With whey protein isolate
- With vitamins C & B6
- With magnesium
- Low fat

i Endurance – a clever fit!

Endurance is the ability to maintain a certain degree of physical exercise over a prolonged period and to recover as quickly as possible afterwards. Endurance sports include all aerobic types of exercise in which constant physical stress together with an excess in oxygen improves endurance.

Aerobic endurance is aimed at providing a sufficient amount of oxygen for the body for the oxidation (burning) of carbohydrates and fats. Over long distances, it is the decisive factor for energy generation and with that for endurance. The pulse rate is a measurable parameter for aerobic endurance. The better the training, the lower the pulse rate.

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Recovery Drink – Endurance

Description

Instant beverage to support recovery after physical exercise, with whey protein isolate and dextrose, enriched with vitamins and magnesium.

Dosage per serving and application

Quickly stir 50 g of the powder in 500 ml water or use a shaker. Use immediately after training.

Before During After

Technical data

Flavors: Yoghurt-lemon

Shelf life: 18 -24 months, depending on the packaging format

Packaging:

Allergen information

Milk/dairy products (including lactose).

Ingredients

Dextrose, **whey protein isolate**, acid citric acid, flavourings, emulsifier lecithin, magnesium citrate, ascorbic acid, salt, magnesium oxide, sweetener sucralose, pyridoxine hydrochloride.

Nutritional information	in 100 g powder	per serving / 50 g in 500 ml water
Energy value [kJ]	1596 kJ	798 kJ
Energy value [kcal]	376 kcal	188 kcal
Fat	1.2 g	0.6 g
of which saturates	0.4 g	0.2 g
Carbohydrate	48.9 g	24.4 g
of which sugars	47.1 g	23.5 g
Fiber	0.1 g	0 g
Protein	39.6 g	19.8 g
Salt	0.61 g	0.3 g
Vitamin C	416.8 mg (521 %*)	208.4 mg (261 %*)
Vitamin B6	1.34 mg (96 %*)	0.67 mg (48 %*)
Magnesium	309 mg (82 %*)	154 mg (41 %*)

* Nutrient reference value as percentage



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RECOVERY DRINK - STRENGTH

The Recovery Drink supplies the body with everything needed after an intense work out. It contains a blend of whey protein isolate, creatine and L-glutamine and supports recovery after physical exercise. The whey protein isolate supports muscle maintenance and muscle gain while the magnesium in the drink supports the normal functioning of muscles and protein synthesis.



Features

- Optimum supply of nutrients after exercise
- With whey protein isolate
- 24 g protein in 250 ml serving
- With creatine
- With L-glutamine
- With magnesium
- Low fat



Creatine increases physical performance in successive bursts of short-term, high intensity exercise.

A 2006 study found that creatine supplementation in combination with strength training can increase the training-induced increase in the number of satellite cells and myonuclei in human skeletal muscle, resulting in increased muscle fiber growth.*

* S. Olsen, P. Aagaard u. a.: Creatine supplementation augments the increase in satellite cell and myonuclei number in human skeletal muscle induced by strength training. In: The Journal of Physiology, Band 573, Pt 2, Juni 2006, S. 525-534, doi:10.1113/jphysiol.2006.107359.

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Sports Nutrition

Recovery Drink - Strength

Description

Instant beverage for recovery after a work out, with wheat protein isolate, creatine and L glutamine.

Dosage per serving and application

Quickly stir 35 g of the powder in 250 ml water or use a shaker. Use immediately after training.

Before During After

Technical data

Flavors: Chocolate
Shelf life: 18 -24 months, depending on the packaging format

Packaging:

Allergen information

Soy/soy products, milk/milk products [including lactose].

Ingredients

Whey protein isolate, creatine monohydrate, fat-reduced cocoa powder 8%, L glutamine, flavourings, salt, magnesium oxide, emulsifier (**soy lecithin**), magnesium citrate, sweeteners [sucralose, acesulfame K].

Nutritional information	in 100 g powder	per serving / 35 g in 250 ml water
Energy value [kJ]	1490 kJ	521 kJ
Energy value [kcal]	354 kcal	124 kcal
Fat	1.1 g	0.4 g
of which saturates	0.6 g	0.2 g
Carbohydrate	3.8 g	1.3 g
of which sugars	2.1 g	0.8 g
Fiber	2.6 g	0.9 g
Protein	68.7 g	24 g
Salt	0.98 g	0.34 g
Magnesium	367 mg (98 %*)	128 mg (34 %*)
Creatine	8.58 g	3 g
L-glutamine	7.15 g	2.5 g

*NRV = Nutrient reference value as percentage

