

## **Regeneration Shake Swiss**

## **Chocolate Crunch drink**


## **powder**

### **PRODUCT DESCRIPTION**

The BE THE CHANGE Regeneration Shake with Protein Crisps is the ideal protein drink for everyone who is looking for a perfect nutritional formula for optimal physical regeneration. The Regeneration Shake is also characterised by its very good tolerance and its naturally chocolaty taste.



This delicious regeneration shake with the optimal ratio of high-quality proteins, carbohydrates and fats, is ideal for regeneration after physical activity.

- Swiss made 
- Excellent tolerance for stomach and gut
- Without gluten, preservatives or additives
- Suitable for people with lactose intolerance
- Vegetarian
- Powder
- With protein crisps
- Certified product of the KölnerListe®

The Swiss Sports® Regeneration Shake offers a uniquely delicious drinking experience with the crispy Swiss protein crisps and the tasty Swiss cocoa powder. The crisps are designed to slow the flow of the drink to aid digestion and thereby ensure optimal absorption of the proteins. Proteins contribute to an increase and maintenance of muscle mass. For people who have problems with the digestion of lactose, the included lactase improves lactose digestion.

### **SERVING**

400 g (10 servings)

## INTAKE RECOMMENDATION

Prepare 1 serving (40 g = approx. 3 tablespoons) in approx. 200 ml water or whole milk (preferably organic).

## INGREDIENTS

Buttermilk protein powder<sup>1</sup> 53%, **whey** protein isolate<sup>2</sup> 20%, cane sugar, defatted cacao powder<sup>3</sup> 10%, pea protein crisps<sup>1</sup> (pea protein, potato flakes, potato starch, sugar, salt) 5%, emulsifier: sunflower lecithin, lactase<sup>4\*</sup> (enzyme), sweetener: steviol glycoside (from stevia extract).

EU: origin primary ingredients: <sup>1</sup>CH, <sup>2</sup>IE, <sup>3</sup>AFW, <sup>4</sup>FR

Nutritional Values	per 100 g	per portion (40 g)*
Energy kJ (kcal)	1605 (380)	642 (152)
Fat	5.9 g	2.4 g
of which saturated fatty acids	3.2 g	1.3 g
Carbohydrates	27.0 g	10.8 g
of which Sugars	24.0 g	9.6 g
Fibres	3.3 g	1.3 g
Protein	53.0 g	21.2 g
Salt**	0.90 g	0.36 g

\* Preparation with water

\*\* Salt content calculated from the added and naturally occurring sodium using a factor of 2.5

## ADDITIONAL INFORMATION

This regeneration shake has an optimal ratio of high-quality proteins, carbohydrates and fats. Proteins as well as minerals are important components in muscle synthesis. Proteins contribute:

- an increase in muscle mass
- to the preservation of muscle mass.

Magnesium contributes to the reduction of fatigue and fatigue and normal protein synthesis.

Do not exceed the recommended daily intake. Store out of reach of small children, in a cool, dry place away from light.

Gluten-free, suitable for people with a lactose intolerance.

There are differences in lactose tolerance. Affected individuals are advised to seek advice from a specialist on how lactase works in their diet.

### **FURTHER INFORMATION**

Product bags: Our product bags are biodegradable or home-compostable. An innovation from BE THE CHANGE. After use, you can return the bag to the natural cycle in the home compost or green bin. Please observe the country-specific guidelines regarding green waste collection.

After opening the bag with scissors, you can simply reseal it to keep the contents fresh.