

ENERGY & ENDURANCE

RECOVERY SHAKE

+ WHEY +LEUCIN +GLUTAMIN

CHOCOLATE

PREPARE BEFORE DURING AFTER

QUICK INFO

☐ LACTOSE FREE

☒ GLUTEN FREE

☒ ACID FREE

☒ NO SWEETENERS

☒ NO ARTIFICIAL COLOURS

☒ NO PRESERVATIVES

☐ VEGAN



PRODUCT DESCRIPTION

SPONSER Recovery Shake is a combination of multi-chain carbohydrates, high quality proteins as well as vitamins and minerals for a normal recovery after sport activities. The short, medium and long chain carbohydrates with different glycemic index deliver energy for training and helps the glycogen replacement. The high protein content supports the muscle growth and maintenance.

- Natural microgranulated whey protein from cross-flow micro-filtration
- With leucine and glutamine
- Important vitamins, minerals and trace elements

ADVANTAGES

- Combines carbohydrate and protein sources
- Wide effect spectrum: energy, growth, maintenance
- Enriched with L-leucine (total 6 g BCAA) and L-glutamine (3 g per 100 g)
- Enriched with vitamins and minerals

UTILISATION

For optimal recovery, consume within 1 hr prior to and/or after activity. 1-2 shakes daily.

PREPARATION

2 level scoops (approx. 40 g) + 300 ml cold milk in a shaker/mixer. For preparation with water add more powder.

INGREDIENTS

Sucrose, fructose, **milk** proteins 14% (**whey** protein isolate, **milk** protein concentrate, casein), defatted cocoa 9%, maltodextrin, inulin 6%, dextrose, skim **milk** powder, **whey** powder, L-leucine 3%, L-glutamine 3%, flavours, thickeners (guar gum, xanthan, sodium alginate), minerals (sodium citrate, magnesium carbonate, ferric fumarate, zinc-, copper- and manganese gluconate, potassium iodate, sodium selenate), vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, calcium pantothenate, vitamin D-containing nutrition yeast, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamine mononitrate, folic acid, biotin), emulsifier sunflower lecithin.

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FLAVOURS/PACKAGING

Vanilla, Banana, Chocolate

900 g can (22 servings)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER	1 PORTION**
energy kJ (kcal)	1512 (357)	1053 (248)
fat	1.7 g	1.0 g
of which saturated fatty acids	0.9 g	0.7 g
carbohydrates	60 g	38 g
of which sugars	50 g	34 g
fibres	9.5 g	3.8 g
protein	22 g	20 g
salt***	0.65 g	0.56 g
VITAMINS		
D	6.0 µg	120%
E	7.0 mg	58%
C	45 mg	56%
B1	0.7 mg	64%
B2	0.9 mg	64%
Niacin(e)	10 mg	63%
B6	0.9 mg	64%
Folic acid	115 µg	58%
B12	1.8 µg	72%
Biotin	35 µg	70%
pantothenic acid	3.8 mg	63%
MINERALS		
	PER 100 G	%NRV*
Natrium/sodium	260 mg	--
Kalium/potassium	850 mg	43%
Calcium	220 mg	28%
Phosphor/phosphorus	240 mg	34%
Magnesium/magnesium	180 mg	48%
Eisen/fer/iron	10 mg	71%
Zink/zinc	5.5 mg	55%
Kupfer/cuivre/copper	0.8 mg	80%
Selen/sélénium	25 µg	45%
Chrom(e)/chromium	100 µg	250%
Iod(e)/iodine	40 µg	27%

* nutrient reference values

**1 Portion = 40 g + 300 ml skim milk (0.1% Fett/graisse/fat). 100 ml of the preparation contains 351 kJ (83 kcal).

***calculated with factor 2.5. Sodium content of 440 mg/100 g (330 mg/Portion)

BCAA (Leucin, Isoleucin, Valin): 6000 mg/100 g

Carbohydrate-protein powder, enriched with glutamine, leucine, inulin, vitamins and minerals. Chocolate flavoured.

Carefully produced in Switzerland by Sponser

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03526/09

Sponser Europe GmbH
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