



# PRO MASS GAINER

**PRODUCT DESCRIPTION** Carbohydrates-protein mix with micronutrients, adapted to the needs of power sportsmen who want to increase their body mass particularly quickly (hard gainer). The carbohydrates mix provides energy for the training as well as filled reserves, whilst whey protein, whey protein isolate CFM and casein allow an efficient muscle constitution. The special fat MCT (medium chain fatty acids) deliver extra energy and promote a specific gain of weight. In opposition to the normal kinds of fat, the MCT are directly metabolised as energy and are not stored as body fat.

- ADVANTAGES**
- Whey protein isolate with 25% BCAA and high-grade co-factors for growth and immune system.
  - Microgranulated whey protein and casein for a long lasting availability, especially during the night phase which is poor in protein.
  - Protein hydrolysate, like for example glutaminpeptides for a quick regeneration after a hard power training.
  - Vitamins and minerals

**UTILISATION**



For supporting the muscle and the body mass constitution, take up to 1 h before training, for an optimal recovery within 1 h after the load. 1-2 shakes a day.

**PACKAGING/FLAVOUR**

Box of 2500 g

**VANILLA**

**INGREDIENTS** Whey products 25%, maltodextrin, fructose, dextrose, skimmed milk powder, MCT oil, calcium caseinate, protein hydrolysates, thickeners, flavours, minerals, soy lecithin, vitamins, aspartame. Contains a source of phenylalanine.

NUTRITION FACTS

nutrition facts	per 100 g powder		1 shake = 40 g powder + 300 ml milk ***	
energy kJ (kcal)	1680 (397)		1100 (260)	
proteins	20 g		18.2 g	
carbohydrates	68 g		41.3 g	
fat	5 g		2.3 g	
<b>vitamins **</b>		<b>%RDA*</b>		<b>%RDA*</b>
A	774 µg	97%	310 µg	39%
D	5.5 µg	110%	2.2 µg	44%
E	11 mg	110%	4.4 mg	44%
C	49.5 mg	83%	19.8 mg	33%
B1	1.5 mg	107%	0.7 mg	51%
B2	1.8 mg	110%	1.2 mg	78%
niacin	19.8 mg	110%	8.1 mg	45%
B6	1.7 mg	83%	0.8 mg	40%
folic acid	220 µg	110%	88 µg	44%
B12	1 µg	100%	1.5 µg	150%
biotin	16.5 µg	11%	17 µg	11%
pantothenic acid	3.3 mg	55%	2.4 mg	40%
<b>minerals **</b>		<b>%RDA*</b>		<b>%RDA*</b>
sodium	390 mg	16%	270 mg	11%
calcium	400 mg	50%	520 mg	65%
magnesium	135 mg	45%	90 mg	30%
iodine	125 µg	83%	60 µg	40%
zinc	5 mg	33%	3.1 mg	21%
iron	7 mg	50%	3 mg	21%
phosphorus	325 mg	41%	430 mg	54%

\*Recommended Daily Allowance \*\* average value \*\*\*skimmed (0.1% fat)

amino acids pro 100 g powder**		
essential	histidine	0.42 g
	Isoleucine	1.07 g
	leucine	1.87 g
	lysine	1.52 g
	methionine + cysteine	0.78 g
	phenylalanine + tyrosine	1.44 g
	threonine	1.08 g
	tryptophane	0.29 g
	Valine	1.13 g
non-essentials	alanine	0.78 g
	arginine	0.55 g
	acid aspartic	1.84 g
	acid glutamic	3.83 g
	- of which glutaminpeptides	0.4 g
	glycine	0.39 g
	proline	1.6 g
serine	0.94 g	