

POWER

WEIGHT PLUS

+ WHEY + LEUCINE + GLUTAMINE + PEPTIDE

BANANA



QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



VARIOUS
FLAVOURS

CARBOHYDRATE-PROTEIN POWDER FOR MUSCLE BUILD-UP AND RECOVERY. WITH VITAMINS AND MINERALS, BANANA FLAVOURED.

PRODUCT DESCRIPTION

Constitution preparation with balanced combination of carbohydrates and high quality protein sources. Delivers energy as well as protein. The proteins contribute to a growth in muscle mass and its maintenance. Enriched with L-leucine, L-glutamine as well as vitamins and minerals.

The short, medium and long chain carbohydrates have different glycemic indexes.

- Natural whey protein isolates from cross-flow microfiltration with 25% BCAA in pure protein.
- Protein hydrolysates release quickly available and short chain peptides.

ADVANTAGES

- **Combines high quality protein and carbohydrates sources**
- **Wide effect spectrum: energy, constitution and maintenance**
- **Enriched with L-leucine and L-glutamine**
- **Available in 3 flavours**

UTILISATION

Consume up to 1 h before and/or within 1 h after exertion. 1-2 shakes daily. As part of a varied and balanced diet and a healthy lifestyle.

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 (microgranulated **whey protein** concentrate, **whey** protein isolate, **casein**), skim **milk** powder, whey powder, maltodextrine, dextrose, L-leucine, L-glutamine, flavours, thickeners (guar gum, xanthan, sodium alginate), 9 minerals, vanilla extract, 11 vitamins, emulsifier **soy** lecithin, vanilla beans.

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FLAVOURS/PACKAGING

Vanilla, Banana, Chocolate 800 g can (20 servings)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1590 (375)		1060 (250)	
fat	0.6 g		0.5 g	
of which saturated fatty acids	0.3 g		0.1 g	
carbohydrates	70 g		43 g	
of which sugars	62 g		40 g	
fibres	2.5 g		1.0 g	
protein	22 g		18 g	
salt***	1.1 g		0.83 g	
VITAMINS		%NRV*		%NRV*
A	540 µg	67%	215 µg	27%
D	3.5 µg	70%	1.4 µg	28%
E	7.0 mg	58%	2.8 mg	23%
C	30 mg	38%	12 mg	15%
B1	0.8 mg	70%	0.3 mg	28%
B2	1.1 mg	80%	0.4 mg	32%
niacin	12 mg	75%	4.8 mg	30%
B6	1.1 mg	75%	0.4 mg	30%
folic acid	140 µg	70%	56 µg	28%
B12	1.0 µg	39%	0.5 µg	20%
biotine	12 µg	24%	7.5 µg	15%
pantothenic acid	2.1 mg	35%	1.0 mg	17%
MINERALS	PER 100 G	%NRV*	1 SHAKE	%NRV*
calcium	200 mg	25%	440 mg	55%
phosphor	200 mg	29%	380 mg	54%
magnesium	120 mg	32%	80 mg	21%
potassium	400 mg	20%	610 mg	31%
iron	6.5 mg	46%	2.6 mg	19%
zinc	5.0 mg	50%	2.0 mg	20%
iodine	25 µg	17%	10 µg	7%
selenium	20 µg	36%	8.0 µg	15%
copper	0.6 mg	60%	0.24 mg	24%
chromium	75 µg	188%	30 µg	75%

* nutrient reference value

**1 Portion = 40 g + 300 ml skim milk (0.1% fat). 100 ml of the preparation contains 353 kJ (83 kcal).

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

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

Carefully produced in Switzerland by

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