

POWER

# WEIGHT PLUS

+ WHEY + LEUCINE + GLUTAMINE + PEPTIDE

CHOCOLATE



## 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, CHOCOLATE 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 14% (microgranulated **whey protein** concentrate, **whey protein** isolate, **casein**), defatted cocoa 9%, **skim milk** powder, **whey powder**, dextrose, L-leucine 3%, L-glutamine 3%, maltodextrine, flavours, thickeners (guar gum, xanthane, sodium alginate), 9 minerals (sodium citrate, magnesium carbonate, ferric fumarate, zinc-, copper- and manganese-gluconate, potassium iodate, chromium yeast, sodium selenate), 12 vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium

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pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin), emulsifier **soy** lecithin.

## FLAVOURS/PACKAGING

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

## NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 PORTION**	
energy kJ (kcal)	1530 (360)		1045 (246)	
fat	0.9 g		0.7 g	
of which saturated fatty acids	0.5 g		0.2 g	
carbohydrates	67 g		42 g	
of which sugars	61 g		39 g	
fibres	3.8 g		1.5 g	
protein	21 g		18 g	
salt***	1.1 g		0.83 g	
<b>VITAMINES</b>		%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%
biotin	12 µg	24%	7.5 µg	15%
pantothenic acid	2.1 mg	35%	1.0 mg	17%
<b>MINERALS</b>	PER 100 G	%NRV*	1 SHAKE	%NRV*
calcium	200 mg	25%	440 mg	55%
phosphorus	260 mg	37%	404 mg	58%
magnesium	160 mg	43%	96 mg	26%
potassium	720 mg	36%	735 mg	37%
iron	10 mg	71%	4.0 mg	29%
zinc	5.5 mg	55%	2.2 mg	22%
iodine	40 µg	27%	16 µg	11%
selenium	50 µg	91%	20 µg	36%
copper	0.9 mg	90%	0.36 mg	36%
chromium	100 µg	250%	40 µg	100%

\* nutrient reference values

\*\*1 Portion = 40 g + 300 ml skim milk (0.1% fat). 100 ml of the preparation contains 345 kJ (82 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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