

ENERGY

# RECOVERY DRINK

STRAWBERRY-BANANA



## QUICK INFO

LACTOSE FREE

GLUTEN FREE

ACID FREE

NO SWEETENERS

NO ARTIFICIAL COLOURS

NO PRESERVATIVES



## PRODUCT DESCRIPTION

SPONSER Recovery Drink is a fruity carbohydrate-protein drink free of lactose for a normal restoration (recovery) after physical exercises. Contains short and long chain carbohydrates for energy supply.

- Based on casein and whey protein hydrolysate.
- Whey protein isolate from cross flow microfiltration provides concentrated, natural proteins with high quality co factors (25% BCAA).
- Enriched with the free amino acids leucine (1.85 g/100 g) and glutamine (1.6 g/100 g).
- Enriched with the soluble dietary fibres inuline.

## ADVANTAGES

- **Wide spectrum of effects: energy, construction and preservation**
- **Preparation with water**
- **Complete vitamins spectrum**
- **Without artificial sweeteners**

## UTILISATION

To be taken within 1 h after the effort and in between, or up to 1 h before training to support the muscle constitution. 1-2 servings daily.

## INGREDIENTS

Fruit powders 20% (sucrose, strawberry, banana), glucose, fructose, **whey** protein isolate 10%, maltodextrine, inulin 7% (soluble fibre), protein hydrolysates 6% (**casein, whey**), minerals (magnesium, calcium and zinc lactate, sodium citrate, ferrous fumarate, zinc, copper and manganese gluconate, potassium iodate, chromium yeast, sodium selenate), emulsifier sunflower lecithin, L-glutamine 2%, L-leucine 2%, colour beetroot juice, acidulant citric acid, flavours, thickeners (guar seed flour, xanthane), vitamins (ascorbic acid, alpha-tocopheryl acetate, nicotinamide, retinyl acetate, calcium pantothenate, cholecalciferol, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin).

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## STRAWBERRY-BANANA

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**FLAVOUR/PACKAGING**

Strawberry-Banana      Box 6 x 60 g      Apple-      800 g can (13 portions)  
    Display 20 x 60 g      Cranberry

**NUTRITION FACTS**

TYPISCHE NÄHRWERTE	PER 100 G POWDER		PER PORTION (60 G)	
energy kJ (kcal)	1510 (356)		926 (218)	
fat	1.5 g		1.0 g	
of which saturated fatty acids	0.7 g		0.5 g	
carbohydrates	64 g		39 g	
of which sugars	44 g		26 g	
fibres (Inuline)	6.7 g		4.0 g	
Protein	17 g		10 g	
salt**	0.88 g		0.53 g	
<b>VITAMINS</b>		%NRV*		%NRV*
A	860 µg	108%	516 µg	65%
D	6.1 µg	122%	3.7 µg	73%
E	12 mg	100%	7.2 mg	60%
C	55 mg	69%	33 mg	41%
B1	1.7 mg	155%	1.0 mg	91%
B2	2.0 mg	143%	1.2 mg	86%
Niacin	22 mg	138%	13 mg	81%
B6	1.8 mg	129%	1.1 mg	79%
Folic acid	244 µg	122%	147 µg	73%
B12	1.7 µg	68%	1.0 µg	40%
Biotine	18 µg	36%	11 µg	22%
pantothenic acid	3.7 mg	62%	2.2 mg	37%
<b>MINERALS</b>		%NRV*		%NRV*
Calcium	270 mg	34%	162 mg	20%
Magnesium	100 mg	27%	60 mg	16%
iron	8.0 mg	57%	4.8 mg	34%
zinc	9.0 mg	90%	5.4 mg	54%
copper	0.5 mg	50%	0.3 mg	30%
Mangan	0.8 mg	40%	0.5 mg	25%
sélénium	25 µg	45%	15 µg	27%
chromium	50 µg	125%	30 µg	75%
Iodine	40 µg	27%	24 µg	16%
<b>AMINO ACIDS</b>				
L-Glutamine	1600 mg		1000 mg	
BCAA (L-Leucin, L-Isoleucin, L-Valin)	4700 mg		2800 mg	

\* nutrient reference values

\*\*calculated with factor 2.5. sodium content 350 mg/100 g (210 mg/60 g)

100 ml of the preparation (60 g + 300 ml water) contains 310 kJ (73 kcal).

Carbohydrate-protein powder based on fruit powder and whey protein isolat. With glutamine, leucine, inulin, vitamins and minerals. Strawberry-banana flavoured.

Carefully produced in Switzerland by  
 Sponser Sport Food AG  
 CH-8832 Wollerau

Sponser Europe GmbH  
 D-88131 Lindau