










RECOVERY PRODUCTS IN COMPARISON

	PRO RECOVERY	RECOVERY DRINK	RECOVERY SHAKE
Product line	PRO ENERGY & ENDURANCE	ENERGY & ENDURANCE	ENERGY & ENDURANCE
Main function/goal	Refill of glycogen stores  Protection/maintenance of muscles 	Refill of glycogen stores  Protection/maintenance of muscles 	Refill of glycogen stores  Protection/maintenance of muscles 
Characteristics	<ul style="list-style-type: none"> ✓ Maximal muscle support with 8 sources of protein ✓ With special protein colostrum ✓ Suitable for endurance and power athletes 	<ul style="list-style-type: none"> ✓ Fruity recovery drink for fast replenishment of energy storage ✓ With whey protein to maintain muscle mass and prebiotic dietary fibres ✓ Handy for traveling (portion bags) 	<ul style="list-style-type: none"> ✓ Recovery shake with high-quality milk proteins ✓ Suitable as tasty dessert
Preparation	Water	Water	Milk
Main ingredients	MPI, WPI, egg albumen, 4 protein hydrolysates, colostrum, sucrose, fructose, barley and rice starch hydrolysates, L-leucine, L-glutamine	Fruit powder, WPI, glucose, sucrose, fructose, 2 protein hydrolysates, L-leucine, L-glutamine	MPC, MPI, casein, sucrose, fructose, glucose, L-leucine, L-glutamine, maltodextrin
Energie (kcal per portion)	140 kcal 	218 kcal 	250 kcal 
Protein (per portion)	20 g (Vanilla flavour) 22 g (Choco/Mango flavour)	10 g	20 g
Carbohydrates (per portion)	15 g (Vanilla flavour) 22 g (Choco/Mango flavour)	38 g	39 - 41 g
Flavours	3	1	3
Lactose-free (*low in lactose)	0.7 g/port. (Vanilla/Mango*) 1.1 g/port. (Choco)	✓	—
Gluten-free	✓	✓	✓

Abbreviations:

WPI: whey protein isolate

MPC: milk protein concentrate

MPI: milk protein isolate