

PRO POWER & MUSCLE

MASS GAINER

SLOW AND FAST CARBS AND PROTEINS + CREATINE + L-LEUCINE

CHOCOLATE

PREPARE	BEFORE	DURING	AFTER
QUICK INFO			
<input type="checkbox"/> LACTOSE FREE			
<input type="checkbox"/> GLUTEN FREE			
<input type="checkbox"/> ACID FREE			
<input checked="" type="checkbox"/> NO SWEETENERS			
<input checked="" type="checkbox"/> NO ARTIFICIAL COLOURS			
<input checked="" type="checkbox"/> NO PRESERVATIVES			

ALL IN 1



PRODUCT DESCRIPTION

Proteins support a growth of the muscle mass and its maintenance. Mass Gainer contains a carbohydrate-protein mix combined with micronutrients. The carbohydrate mix contains 5 different carbohydrate sources and delivers the corresponding staggered energy. The high quality protein content is based on a mix of whey protein isolate from cross flow filtration, but also on natural caseine, and on hydrolysate of both sources.

Creatine increases physical performance in short-term, high intensity exercise. Mass Gainer delivers 3000 mg of creatine per daily ration.

Also enriched with the free amino acids L-leucine and L-glutamine as well as with medium chain fatty acids (MCT) for extra energy.

ADVANTAGES

- **High quality support for trainings with all-in-one character, for ambitious athletes**
- **High quality protein sources from cross-flow microfiltration and ultrafiltration**
- **No artificial sweeteners**
- **Only 0.2 g lactose per portion**

UTILISATION

For support of muscle mass build-up up to 30 min before and after training. 2 shakes daily. Preparation: 4 level scoops (60 g) + approx. 200 ml cold water in a shaker.

As part of a varied and balanced diet and a healthy lifestyle. Not suitable for growing adolescents. Not intended for long-term use. Weight gain may occur.

INGREDIENTS

Protein powders (ultrafiltrated **milk** and **whey** protein isolates 16%, ultrafiltrated **casein** 3%, **whey** protein and **casein** hydrolysates 3%), starch hydrolysates (**barley**, rice), maltodextrin, sucrose, fructose, defatted cocoa powder 9%, dextrose, medium-chain fatty acids from coconut oil, creatine monohydrate, **oat** bran high in betaglucans 2%, flavours, 3 minerals (sodium citrate, magnesium lactate, chromium yeast), caramel powder, L-leucine 0.6%, L-glutamine 0.6%, emulsifier sunflower lecithin, 10 vitamins (ascorbic acid, alpha-tocopheryl acetate,

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nicotinamide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, cyanocobalamin, thiamin mononitrate, folic acid, biotin).

FLAVOURS/PACKAGING

Vanilla, Chocolate 1200 g can (20 port.)
Vanilla 2000 g can (33 port.)

NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 PORTION (60 G)	
energy kJ (kcal)	1640 (388)		985 (233)	
fat	4.3 g		2.6 g	
of which saturated fatty acids	3.1 g		1.9 g	
of which medium-chain triglycerides	1.8 g		1.1 g	
carbohydrates	59 g		35 g	
davon/dont/of which				
- Saccharose/sucrose	13 g		7.7 g	
- Glucose	5.5 g		3.3 g	
- Fructose	9.0 g		5.4 g	
- Lactose	0.5 g		0.3 g	
fibres	2.5 g		1.5 g	
of which beta-glucans	1.5 g		0.9 g	
protein	27 g		16 g	
salt	0.63 g		0.38 g	
VITAMINS		%NRV*		%NRV*
E	4.0 mg	33%	2.4 mg	20%
C	27 mg	34%	16 mg	20%
B1	0.3 mg	27%	0.2 mg	18%
B2	0.5 mg	36%	0.3 mg	21%
niacine	5.3 mg	33%	3.2 mg	20%
B6	0.5 mg	36%	0.3 mg	21%
folic acid	67 µg	34%	40 µg	20%
B12	0.8 µg	32%	0.5 µg	20%
biotine	17 µg	34%	10 µg	20%
pantothenic acid	2.0 mg	33%	1.2 mg	20%
MINERALS		%NRV		%NRV*
calcium	300 mg	38%	180 mg	23%
magnesium	120 mg	32%	72 mg	19%
phosphorus	280 mg	40%	168 mg	24%
chromium	40 µg	100%	24 µg	60%
creatine	2.5 g		1.5 g	

* recommended dietary allowance raccomandata

100 ml of the preparation contains 492 kJ (116 kcal).

Salt from natural source. No additional salt added. Calculated with factor 2.5 (sodium content 0.252 g/100 g)

PRO

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amino acids (per 100 g /powder)		
essentiel	Histidin	0.6 g
	Isoleucin	1.5 g
	Leucin	3.3 g
	Lysin	2.3 g
	Methionin + Cystin	1.1 g
	Phenylalanin + Tyrosin	2.2 g
	Threonin	1.4 g
	Tryptophan	0.4 g
	Valin	1.6 g
non-essentiel	Alanin	1.0 g
	Arginin	0.8 g
	Asparaginsäure	2.4 g
	Glutaminsäure	6.0 g
	- davon Glutamin	0.9 g
	Glycin	0.5 g
	Prolin	2.3 g
	Serin	1.3 g

Carbohydrate-protein powder for body-building and regeneration with vitamins and minerals.
Chocolate flavoured.

Carefully produced in Switzerland by

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Sponser Europe GmbH
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