

## PRO ENERGY & ENDURANCE

# 44/44 PRO RECOVERY

44% PROTEIN 44% CARBOHYDRATES + COLOSTRUM + AMINO ACIDS

CHOCOLATE

PREPARE

BEFORE

DURING

AFTER

### QUICK INFO

- ☐ LACTOSE FREE
- ☒ GLUTEN FREE
- ☒ ACID FREE
- ☒ NO SWEETENERS
- ☒ NO ARTIFICIAL COLOURS
- ☒ NO PRESERVATIVES



### PRODUCT DESCRIPTION

Protein serves growth in the muscle mass and its maintenance after hard trainings. 44/44 PRO RECOVERY is a high quality, naturally sweetened protein supplement with “all-in-one” character. The combination of CFM whey protein, quickly available potato- and egg protein hydrolysates and micellar casein take care of a quick as well as a slow amino acid stream into the blood.

The carbohydrates in form of barley and rice starch hydrolysates serve the regeneration of the glycogen storage.

44/44 PRO RECOVERY is especially suitable for junior athletes in game and team sports with a focus on muscle mass build up.

Enriched with colostrum, cows first milk, as well as L-leucine and L-glutamine.

### ADVANTAGES

- **High quality protein sources, among others colostrum**
- **Low in lactose**
- **No artificial sweeteners**
- **Convenient preparation with water**

### UTILISATION

Suitable for ambitious athletes. Preferably 1 shake before and 1 shake after physical activities.

As part of a varied and balanced diet and a healthy lifestyle.

### INGREDIENTS

Protein powders 44% (protein isolates from cross-flow filtration [**whey, milk**], micellar **casein**, bovine **colostrum** 4%, protein hydrolysates [**casein, whey, potatoe, egg**]), sucrose, starch hydrolysates 11% (barley [glutenfree], rice), defatted cocoa 8%, fructose, amino acids 4% (L-leucine, L-glutamine), caramel powder, 2 minerals (sodium citrate, magnesium lactate), flavours, emulsifier sunflower lecithin, 10 vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin). Only 1.1 g lactose per 100 g.

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## FLAVOURS/PACKAGING

50/36 Vanilla	900 g can (22 servings)
44/44 Mango	800 g can (18 servings)
44/44 Chocolate	800 g can (16 servings)

## NUTRITION FACTS

NUTRITION FACTS	PER 100 G POWDER		1 SHAKE = 50 G + 150 ML WATER	
energy kJ (kcal)	1572 (370)		786 (185)	
fat	1.4 g		0.7 g	
of which saturated fatty acids	0.6 g		0.3 g	
carbohydrates	44 g		22 g	
of which sugars	24 g		12 g	
fibres	3.0 g		1.5 g	
protein	44 g		22 g	
salt**	1.13 g		0.55 g	
<b>VITAMINS</b>		%NRV*		%NRV*
E	6.0 mg	50%	2.4 mg	20%
C	40 mg	50%	16 mg	20%
B1	0.6 mg	50%	0.2 mg	20%
B2	0.7 mg	50%	0.3 mg	20%
Niacin(e)	8.0 mg	50%	3.2 mg	20%
B6	0.7 mg	50%	0.3 mg	20%
Folsäure/acide folique/folic acid	100 µg	50%	40 µg	20%
B12	1.2 µg	50%	0.5 µg	20%
Biotin(e)	25 µg	50%	10 µg	20%
Pantothensäure/acide pantothénique/ pantothenic acid	3.0 mg	50%	1.2 mg	20%
<b>MINERALS</b>		%NRV*		%NRV*
calcium	680 mg	85%	340 mg	43%
phosphore	520 mg	74%	260 mg	37%
magnesium	110 mg	29%	55 mg	15%
potassium	480 mg	24%	240 mg	12%

\* valeurs nutritionnelles de référence

\*\*calculated with factor 2.5 sodium content 450 mg/100 g (220 mg/Shake)

100 ml of the preparation contains 524 kJ (123 kcal)

POWER

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Amino acids per 100 g pure protein		
essential	histidine	2.3 g
	isoleucine	5.5 g
	leucine	13.0 g
	lysine	8.3 g
	methionine and cysteine	4.2 g
	phenylalanine and tyrosine	7.8 g
	threonine	5.6 g
	tryptophan	1.8 g
	valine	6.0 g
non-essential	alanine	3.9 g
	arginine	2.8 g
	aspartic acid	9.0 g
	glutamic acid incl. glutamine	22.3 g
	glycine	1.7 g
	proline	7.9 g
	serine	4.9 g

Biological value of 160 (whole egg = 155)

Total BCAA (valine, leucine, isoleucine) = 245 mg/g pure protein

Multi-protein powder, complemented with sugar types, amino acids, vitamins and minerals.  
Chocolate flavoured

Carefully produced in Switzerland by

Sponser Sport Food AG  
CH-8832 Wollerau  
[www.sponser.ch](http://www.sponser.ch)

Sponser Europe GmbH  
D-88131 Lindau  
[www.sponser.de](http://www.sponser.de)