

PRO ENERGY & ENDURANCE

# 50/36 PRO RECOVERY

50% PROTEIN 36% CARBOHYDRATES + COLOSTRUM + AMINO ACIDS

VANILLA

PREPARE BEFORE DURING AFTER

## QUICK INFO

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



## PRODUCT DESCRIPTION

50/36 PRO RECOVERY is a carbohydrate-protein preparation for endurance and power athletes. The unique combination of the protein components whey, egg and casein in the ratio 1:1:1 as well as colostrum and potatoes-egg protein hydrolysates constitute an optimal protein mix for growth and maintenance of muscle mass. Enriched with the amino acids L-leucine, L-glutamine and L-arginine.

Pro Recovery is also enriched with vitamins of the B group and L-carnitine. B-vitamins like for instance B2 serves the muscle function as well as the energy-yielding metabolism.

## ADVANTAGES

- **High quality protein sources, among others colostrum**
- **Poor in lactose, contains only 0.2 g lactose per portion**
- **No artificial sweeteners**
- **Convenient preparation with water**

## UTILISATION

Preferably 1 Shake before and after physical activity.

## INGREDIENTS

Protein powders 50% (protein isolates from cross-flow filtration [**whey, milk**], **egg** albumin, protein hydrolysates [**casein, whey, potatoe, egg**]), sucrose, fructose, starch hydrolysates (barley [glutenfree], rize) amino acids 4% (L-leucine, L-glutamine), **bovine colostrum** 3.5%, flavours, 2 minerals (sodium citrate, magnesium lactate), vanilla extract 1%, caramel powder, 10 vitamins (ascorbic acid, nicotinamide, alpha-tocopheryl acetate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, biotin, cyanocobalamin).

## RECOMMENDATION

Take 1 shake preferably before and after physical activity. Recommendations concerning daily protein needs under [www.sponser.ch/calculators](http://www.sponser.ch/calculators).

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

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### PREPARATION

2 ½ scoops (approx. 40 g) + approx. 150 ml of water in a shaker/mixer. Shake may be energetically enhanced by adding maltodextrin and/or fruits.

### 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 = 40 G + 150 ML WATER	
energy kJ (kcal)	1480 (350)		595 (140)	
fat	0.5 g		0.2 g	
of which saturated fatty acids	<0.2 g		<0.1 g	
carbohydrates	36 g		15 g	
of which sugars	32 g		13 g	
fibres	3.2 g		1.3 g	
protein	50 g		20 g	
salt**	1.30 g		0.52 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%
Niacine	8.0 mg	50%	3.2 mg	20%
B6	0.7 mg	50%	0.3 mg	20%
Folic acid	100 µg	50%	40 µg	20%
B12	1.2 µg	50%	0.5 µg	20%
Biotin	25 µg	50%	10 µg	20%
pantothenic acid	3.0 mg	50%	1.2 mg	20%
<b>MINERALS</b>		%NRV*		%NRV*
Calcium	520 mg	65%	208 mg	26%
Phosphorus	360 mg	51%	144 mg	21%
Magnesium	65 mg	17%	26 mg	7%

\* nutrient reference values

\*\*calculated with factor 2.5. sodium content 520 mg/100 g (210 mg/Shake)

100 ml of the preparation contains 296 kJ (70 kcal)

POWER

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Amino acids per 100 g pure protein		
essential	histidine	2.2 g
	isoleucine	5.3 g
	leucine	13 g
	lysine	7.4 g
	methionine + cysteine	4.6 g
	phenylalanine + tyrosine	8.2 g
	threonine	5.1 g
	tryptophan	1.5 g
	valine	6.2 g
non-essential	alanine	4.2 g
	arginine	3.6 g
	aspartic acid	9.2 g
	glutamic acid incl. glutamine	21 g
	glycine	2.2 g
	proline	6.6 g
	serine	5.4 g

Biological value of 155 (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.  
Vanilla 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)