



## Sports Nutrition

# RECOVERY DRINK ENDURANCE

Item No.: 5449142

The Recovery Drink supplies the body with everything it needs after intense endurance exercise. It contains a blend of whey protein isolate and dextrose, enriched with vitamins and magnesium to support recovery after physical exercise.

The protein in the drink supports the maintenance and growth of muscles, while readily available carbohydrates quickly refill energy reserves. Vitamins C & B6 in the drink support normal energy metabolism.



## Benefits

- Optimum supply of nutrients after endurance exercise
- With whey protein isolate
- With vitamins C & B6
- With magnesium
- Magnesium, vitamin C, vitamin B6 and folate contribute to the reduction of tiredness and fatigue.



## Endurance - a clever fit!

Endurance is the ability to maintain a certain degree of physical exercise over a prolonged period and to recover as quickly as possible afterwards. Endurance sports include all aerobic types of exercise in which constant physical stress together with excess oxygen improves endurance.

Aerobic endurance is aimed at providing a sufficient amount of oxygen for the body for the oxidation (burning) of carbohydrates and fats. Over long distances, it is the decisive factor in energy generation and therefore for endurance. Your pulse rate is a measurable parameter for aerobic endurance. The better the training, the lower the pulse rate.



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### Description

Food supplement with whey protein isolate, vitamins, magnesium, sugar and sweetener

### Dosage per serving and use

Quickly stir 50 g of the powder into 500 ml water or use a shaker.

### Technical data

Flavours: Lemon yoghurt  
 Shelf life: 15 – 18 months, depending on the packaging format  
 Storage: Store in a cool, dry and dark place.

Packaging:

### Ingredients

Dextrose, **whey** protein isolate (whey protein, emulsifier: lecithins), flavouring (**milk**), magnesium salts of citric acid, emulsifier: lecithins (**wheat gluten**), acid: citric acid, thickener: guar gum, natural lemon flavouring, salt, L-ascorbic acid, sweetener: sucralose, pyridoxine hydrochloride, pteroylmonoglutamic acid, D-biotin

Nutrition Declaration	per 100 g	per serving (50 g)
Energy	1550 kJ / 370 kcal	775 kJ / 185 kcal
Fat	2.2 g	1.1 g
-of which saturates	0.4 g	0.2 g
Carbohydrate	46 g	23 g
-of which sugars	45 g	22 g
Fibre	1.0 g	0.5 g
Protein	37 g	19 g
Salt	0.68 g	0.34 g

Nutrients and other substances	per serving (50 g)	% NRV *
Magnesium	187 mg	50
Vitamin C	210 mg	263
Vitamin B6	0.70 mg	50
Folic acid	100 µg	50
Biotin	25 µg	50

\* Percent of nutrient reference values (NRV) according to Regulation (EU) No. 1169/2011 | \*\* No NRV available

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