



## 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
- Low fat



## 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.

Before  During  After

### 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:

### Allergy information

Milk/ milk products (including lactose),  
 gluten-containing grains

### Ingredients

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

Nutrition Information	per 100 g powder	per serving (50 g)
Energy value	1493 kJ	747 kJ
Energy value	357 kcal	178 kcal
Fat	0.7 g	< 0.5 g
-of which saturates	0.3 g	0.1 g
Carbohydrates	47 g	23 g
-of which sugars	45 g	23 g
Fibre	0.9 g	< 0.5 g
Protein	37 g	18 g
Salt	0.72 g	0.36 g

All data are subject to usual variations in natural products.

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

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