

Weight Management

WEIGHT GAINER SHAKE

Item No.: 5449206

Performance athletes, bodybuilders, people with difficulty gaining weight – there are many reasons for wanting to consume more calories and build muscle mass. Our Weight Gainer shake can support you in this endeavour.

The product contains different kinds of protein which contributes to a growth in muscle mass and the maintenance of muscle mass. A serving of 50 g powder stirred into 150 ml milk (1.5 % fat) can give you an additional 306 kcal between meals or before or after sport.

The shake also contains vitamin C, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, calcium and phosphorus, which contribute to normal energy-yielding metabolism. Additionally vitamin B6 contributes to normal protein and glycogen metabolism.

Available in cherry, banana and berry flavours.



Benefits

- Protein source – contains 9.6 g protein per serving
- Protein contributes to a growth in muscle mass and the maintenance of muscle mass.
- Vitamin C, thiamin, riboflavin, niacin, vitamin B6, vitamin B12, calcium and phosphorus contribute to normal energy-yielding metabolism.
- Vitamin B6 contributes to normal protein and glycogen metabolism.



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Description

Flavoured beverage powder based on milk proteins fortified with vitamins and minerals

Dosage per serving and use

Add 50 g of the powder to 150 ml milk and shake it.

Before During After

Technical data

Flavours: Banana, Berry, Cherry

Shelf life: 18 – 24 months, depending on the packaging format

Storage: Store in a cool, dry and dark place.

Packaging:

Allergy information

Milk/ milk products (including lactose)

Ingredients (cherry)

Sucrose, **milk** protein isolate, edible oil powder (refined soy bean oil, **milk** protein, natural flavouring, contains 40 % linoleic acid and 4 % alpha linolenic acid), coconut milk powder (coconut milk, glucose syrup, **milk** protein), maltodextrin, coconut milk powder (coconut milk, glucose syrup), natural flavouring, calcium salts of orthophosphoric acid, potassium salts of orthophosphoric acid, acidity regulator: sodium bicarbonate, colouring food (beetroot concentrate), salt,

Nutrition Information	per 100 g	NRV*	per serving ¹	NRV*
Energy value	1959 kJ	**	980 kJ	**
Energy value	468 kcal	**	234 kcal	**
Fat	19 g	**	9.3 g	**
-of which saturates	7.7 g	**	3.9 g	**
Carbohydrate	55 g	**	27 g	**
-of which sugars	37 g	**	18 g	**
Fibre	< 0.5 g	**	< 0.5 g	**
Protein	19 g	**	9.6 g	**
Salt	0.87 g	**	0.44 g	**
Vitamin A	255 µg	30	128 µg	15
Vitamin D	1.5 µg	30	0.75 µg	15
Vitamin E	3.7 mg	32	1.9 mg	16
Vitamin C	26 mg	32	13 mg	16
Thiamin	0.32 mg	30	0.16 mg	15
Riboflavin	0.46 mg	32	0.23 mg	16
Niacin	4.8 mg	30	2.4 mg	15
Vitamin B6	0.42 mg	30	0.21 mg	15
Vitamin B12	0.96 µg	38	0.48 µg	19
Calcium	256 mg	32	128 mg	16
Phosphorus	289 mg	42	144 mg	21
Sodium	238 mg	**	119 mg	**

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

magnesium oxide, thickener: xanthan gum, ferrous sulfate (microencapsulated), L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, zinc sulfate, calcium-D-pantothenate,

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